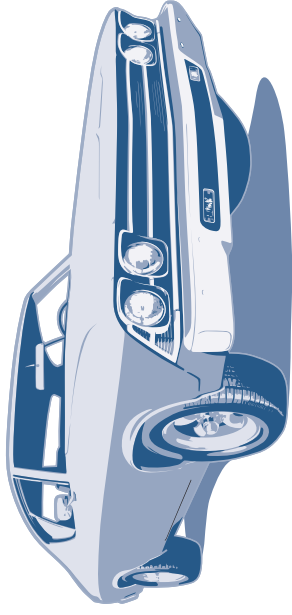
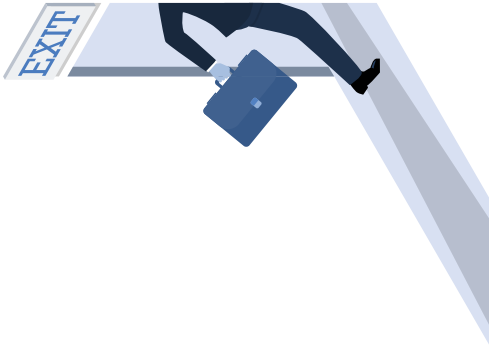


Neighbors



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Phobia: The Faces of Fear at Mill Museum

Submitted by Bev York

Nightmare on Main announces the 2021 theme, "Phobia: The Faces of Fear." The annual event, sponsored by the Mill Museum in Willimantic, will be held on six evenings in October.

Phobia is something almost everyone can identify with. "Phobia" which is Greek for fear is defined as the excessive extreme irrational panic reaction to a situation, living creature, place or object. Phobias affects about 30% of the adult population in the United States. Do you or someone you know suffer from the fear of acrophobia (heights), arachnophobia (spiders), or astraphobia (thunder and lightning?) According to Jennifer M. Saddler, Phobias are a mental disorder and believed to be one of the most common problems affecting the human mind. People fear different things at different ages. There are various causes and some treatments available.

This Nightmare tour will cause the visitor to learn about this serious disorder and confront their fears head on. This program about chilling phobias and their history promises to educate, entertain, and might possibly startle, shock and terrify the unnerved. Beware.

The Nightmare event is not your

average haunted house with blood and gore. The unique feature about the Museum's annual Nightmare on Main event is that it is loosely based on actual 19th century history, beliefs, and customs. The committee and some cast members research the stories they tell and the beings that they portray. Past themes have included: Confinement (prisons and asylums), Witches, Hauntings, Villains, and Monsters. The event is moderately to very scary (but not extreme) and is appropriate for ages ten and older. It is handicapped accessible and parking is free.

This year the tours will be held in Windham Mills, 322 Main Street in a giant factory space for socially distanced areas. Mask face coverings will be required by the people who are not vaccinated.

The event will be held October 9, 10 (Sat/Sun) 15,16 (Fri/Sat) 23,24 (Sat/Sun) Tours of Phobia start at 7 p.m. and run about every twenty minutes. Tickets are \$15 per person and all proceeds benefit the educational programs at the Mill Museum. Advanced payment for a reserved time will be available on Sunday nights. Reservations can be made on the Museum website at millmuseum.org, starting in September.

For more information please call 860-456-2178 or email themillmuseum@gmail.com.

Ashford Arts Council Concert and Exhibition

Submitted by Deb Gag

Ashford Arts Council is presenting a concert and exhibition, open to the public, starting at 6:00 pm on September 22, 2021 at the Pompey Hollow Park and Senior Center. The concert and exhibition present the work of local artists. The concert and exhibitions will be followed by a short, open to the public, member's meeting to discuss further opportunities. If it rains, we will be inside, starting at 6:00 pm. Masks will be required.

Music - Vinnie LaMonica
The Babcock Cornet Band will perform at the Gazebo at Pompey Hollow Senior Center Park starting at 6:00pm. The band is led by Vinnie LaMonica, a bassoonist, conductor, and educator. The Babcock Band has roots back to April of 1775. They are the oldest band in the USA!

Starting at approximately 6:45, we will move to the Senior Center for the following artists to present their work and discuss opportunities in their field.

Pottery - Suzy Staubach
Suzy is a potter at her "Willow Tree Pottery" and is an author. Suzy will show and describe some of her books, as well as the designs and process of creating her clay pots. Her hope is that the pleasure of sitting at the wheel, of wet clay spinning in her hands, and the excitement of firing, comes through in her pots.

2D Art - Debra Gag
Debra is a landscape oil painter whose works are featured in the Art and Garden

tour, Artist's Open Studio and in various shows and galleries. Debra has been commissioned by several arts organizations to run critiques, do painting demonstrations, and jury art show.

Poetry - Tony Paticchio and Marian Vitali. Ashford's Poet Laureate, Tony, and Marian, a poet in AAC's Font 'n Pen, will share some of their work. Tony will be leading a series of workshops on Saturdays, October 9, 16, and 23 from 10:00 am-12:00 pm focusing on close reading and writing of poetry. Contact Tony directly at ajpatti@yahoo.com to enroll.

Encaustic - Linda Rogers
Linda is an encaustic artist who loves color and painting with fire. Her work involves painting with a medium made with refined beeswax and damar resin that is fused with butane and propane torches. She will show and talk about her work.

Photography - Christine Acebo
Christine is an award-winning photographer with photographs displayed in a variety of venues. She will show some of her work and discuss opportunities for artist's exhibitions.

Mosaics - Deb Aldo
Deb Aldo is an internationally recognized mosaic artist. After training under world-renowned pebble mosaic artist Maggy Howarth, Aldo established Pietre Dure Designs and devoted herself full-time to creating indoor mosaic installations, outdoor installations and smaller fine art pieces.



On our cover: 8.28.21. At the 50th Anniversary Concert celebration of the Shaboo Inn at Jillson Square, Willimantic. Top photo: David A. Foster (center) with the Founders. The founders, from Roomful of Blues, include Duke Robillard (guitar), Greg Piccolo (sax), Al Copley (piano), Rich Lataille, and Doug James. Lower left: Christina Ohlman. Lower right: John Tuite.
All photos by Pete Polomski.

This is our time on earth.
What are we doing with it?

Neighbors
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The Purpose of Neighbors:
-To encourage reading
-To provide a place where ideas, writing, artwork and photographs of area residents can be shared
-To encourage people to get involved in their communities
-To begin to solve national and global problems on a local basis
-To provide useful information
-To serve the inhabitants and environment of our region

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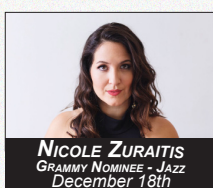
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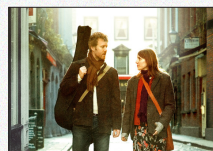
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Moving Towards Inclusion

By Loretta Wrobel



While reading a quarterly newsletter from Earthjustice, I came across an article about LGBTQIA+ inclusion in discussing climate change! Holy ---- I can't believe this. I remember when inclusion meant gays and lesbians were accepted if you kept your mouth shut and blended in. How far have we come during my life?

I thought back to growing up in terror and fear that I would be imprisoned or in a mental institution if I didn't conform to the model of boy + girl framework. Back then, if someone had told me that an openly gay person would be treated as a normal person, I would have laughed and passed it off as wishful thinking or sheer fantasy.

How wrong I was in not accepting that change is possible. I am digesting the changes that are going on now in terms of who is included and who is seen as a viable person. I totally get that our world is far from perfect. And I am aware that my definitions have morphed drastically since my beginning years.

I am proud of the shifts in thinking. I know that many still hold on to their narrow stereotypes, but the majority see the light and are open to accepting one for who you are not for the color of your skin, gender identity, bank account, who you call your lover, who you voted for, and what you stand up for. Some of our rules and laws are becoming more flexible and reflective of who we are as human beings.

We still have work to do. I look at our present scene. We have a gay man, Pete Buttigieg, who is Secretary of the United States Transportation Department. A Somalia immigrant, Ilhan Omar, resides in the United States House of Representatives. She opened the barrier by having the rule about wearing a head covering overturned. She is a Muslim and appears in public wearing a hijab. The powerful Black Live Matters movement is strong, has many allies, and forces us white folk to examine, understand, and change our racist system.

We are treading on dangerous times, and we are at the same moment embarking on new territories. It is no longer a society of white patriarchy that says women are less, people of color are not equal, transgendered people need to be adjusted to function as a member of the sex they were at birth, and immigrants are not welcome and need to be sent back to where they came from. I see progress and I celebrate this positive direction.

I just finished reading *This Is What America Looks Like* by Ilhan Omar, the congresswoman from Minnesota. Ms. Omar was born in Somali and came to America as a refugee at age twelve, knowing no English. She is now a member of the US House. I call that a phenomenal shift. To be sure, this particular woman is exceptional. She is fierce and not hesitant to stand up for her truth. She had to be in order to survive as a refugee. Ms. Omar has received death threats. Nevertheless, she continues on her fight for justice, inclusion, equality and fairness for immigrants, working people, and poor people. I am so in awe of her ability to rise above the prejudice and hatred to be a leader. In addition to all that, she has 3 children. Truly a special story.

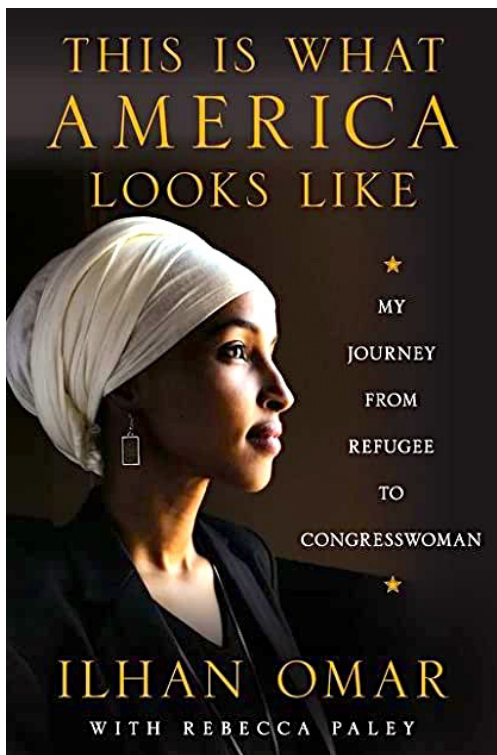
We need to support and honor those American citizens who believe in our rules, laws and Constitution. They show us what America can be when we accept that all of us are equal and have a right to basic human freedoms. I am proud that in my country someone like Ilhan Omar can move from refugee status to being a legislator. If anyone can understand the difference between living here on our shores and living in other countries, she can. Her story demonstrates we have opportunities here that are nonexistent in other countries.

I watch the resiliency of thousands of Black People who keep insisting that they be treated decently with equality and fairness. The individuals who are fighting for systemic change believe in our country and are working to make it equitable. We all need to join this effort to make lives better for all people, regardless of race, skin color, religion or beliefs. Working together, we can make our country healthier. We all benefit when everyone has an equal chance from the beginning.

Back to the EarthJustice newsletter. There is a movie about LGBTQIA+ people and how they are affected by climate change. The movie is "Fire and Flood." This documentary looks at how queer people are dealing with being on the frontline of climate change. This movie demonstrates how Earthjustice, formerly Sierra Club Legal Defense Fund, is focusing on the impact of racial and queer justice, climate justice, and environmental sustainability. "Isn't that outstanding!" I exclaimed to myself. This was a heartwarming read for me, personally, because I can remember not being acknowledged or seen. Progress can be celebrated, and continuing to work is imperative. I know that life for transgendered people is dangerous, the risk of violence is high, and their lives are often threatened. We still have miles to go. I do see we are moving on the right track, as the vast majority of young people in America today readily accept the existence of an array of gender expression and sexual identity.

I delight in all these positive changes, and at the same time am sad when I hear bigoted remarks and threats to those who are standing front and center to make America a more inclusive nation. We all can do our part. Most important is to thank those who are laboring long, challenging hours to make a difference for our flawed country. Offering emotional and/or financial support is vital, as is showing up when you can for issues that resonate with you. There is no one answer. There are many sides and opinions. By discussing and exchanging with others, we can develop more innovative solutions to seemingly insurmountable problems. Who would have predicted at the start of the pandemic that a vaccine would be available so soon?

I remain astounded by what I see in my country in 2021 in the midst of a pandemic. We are living with devastating climate crises and intense political tensions. In addition, the mental health traumas associated with living today with constant, often contentious dialogue regarding vaccinations, masks, and what is safe is a humungous load to bear. It is not a time for the weak and fearful. It is the time to push towards a saner environment where we can all feel accepted for who we are.



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Willimantic, Now and Then:

‘The Waste’: The Magic all started there!

By Mark Svetz

When the DeVivo family announced in July they had sold Willimantic Waste Paper Company to a Vermont firm, I was shocked like many people in town. Before the news had a chance to settle in, however, I found myself afloat in a warm sea of memories. I worked at the Waste for a couple years in the early 80s, when I decided to leave my career of ten years or so and “do something else.”

I had been working at *the Chronicle* for five or six years and knew Jim DeVivo when he was on the Willimantic City Council. Jim, who died about 25 years ago, was the son of the founder of Willimantic Waste and father of Tom and Tim DeVivo, who ran the business at the time of the sale. When I told Jim I was thinking about leaving *the Chronicle*, he said, “Why don’t you come work for me. I’ll give you a job.” And so it began.

The following Monday, I made my morning run as a brand new school bus driver. You see, I was really shaking things up and starting over. After that run, I went to the Waste, had coffee with Jim and went to work sorting waste paper and other things to be baled up for recycling.

That became my routine. I even got to drive my bus to the Waste and park it there between runs.

Some months later, Jim bought a huge high pressure baler, and we scampered along the moving conveyor belt, picking out the stuff that didn’t belong. I met Mary Clark on that conveyor belt. Her father Tony was to become my best friend for the next 30 years. Mary and I made up a song (apologies to Merle Travis!):

*You make 16 bales and what do you get?
Another day older and deeper in debt.
St. Peter don’tcha call me, ‘cause I can’t go,
I owe my soul to Jim DeVivo.*

That song tickled Jim. It was my first tie to the extraordinary Clark family that became and has remained central in my life. It all happened at the Waste. It was there that I fell in love with Willimantic. I loved my life here in this little city. I would drive a school bus morning and afternoon, filling in the time at Willi Waste sorting paper and plastic, repairing pallets, loading trucks and sorting out the scrap iron pile. It was great talking to Jim and his buddies about their dreams for Willimantic.

I met Tony Clark at the Waste. He ran a big, indoor flea market for Jim on the weekends. We met at the Waste, but it seemed like we saw each other everywhere – Nature’s Place, Italian Gardens, volleyball matches at the Y – and very soon, we were rarely separated. Tony and Kathleen and their family became my family. It was to be the start of a 30-year odyssey that enriched my life. It is significant that it all started in the chaos, clutter and craziness of the Waste.

One cold winter day, I was working in the yard moving bales of paper when one bale broke, cascading paper all over the fork lift I was driving. I jumped off the lift and went into the office to get something to clean it all up. I stopped to chat with Robin Hall, the dispatcher and office manager. Her eyes got wide at about the same time I felt something crawling in my beard. I ran outside and tore off my sweaters and vests to find eight or ten baby rats!

I suppose the rats had a nest in the bale and when it broke they were in the paper that fell on me. I was bundled in many layers and didn’t feel them until I was standing in the warmth of the office. It reminded me of that nursery rhyme about the man who said: “*Tis just as I feared. Two owls and a wren, four larks and a hen, have all made their nest in my beard!*”

Jim sent me once with a crew and a truck to clean out one of the American Thread mills. I think it was the building that ended up as 560 On Main. At any rate we moved tons of old machinery and other equipment, helping to close a chapter of Willimantic history. Speaking of which, I also worked with a crew taking the seats out of the



Capitol Theater. A few years later I would rent an office in that building to publish a monthly magazine, *the Windham Phoenix*. Only in Willimantic. Only at the Waste!

I loved it when I walked into the office on Friday afternoon and Jim would yell, “How many hours?” I’d stop and think. “Twelve this week.” Jim would reach into his coffee can and toss \$60 across the counter. We’d talk and laugh for a while, then I’d jump on my bike and go find Tony at the pub. Things were pretty loose in those days, and that’s what I liked about it.

One day I was walking through one of the cavernous buildings, when I saw a woman walking toward me. I had seen her around the yard, working on the conveyor belt or sweeping the warehouse, but this time she had just pulled a small notebook out of her pocket and was



Mark Svetz and Tony Clark at the Waste. Svetz file photo.

writing something. Well, I wanted to be a writer in those days, so I was intrigued. As it happened, she was also a writer, working on a play, and we became friends.

In the magical melting pot that was the Waste, it seemed normal months later when I found out this woman was a high school friend of Sarah Winter in Massachusetts. Sarah, of course, would become my wife about 10 years later. But that was a time of finding friends in strangers and family in friends. It happened all the time at the Waste.

One afternoon, Jim was talking about the Greater Willimantic Trade Show coming to Eastern Connecticut State University in a few weeks. He asked if I could make a display showing what happens at Willimantic Waste Paper Company. I got my old friend Chris Thorkelson to help and we worked in one of those cavernous building for a few weeks illustrating the story of recycling. We had fun and I think Jim really liked seeing his father’s rag business portrayed on story boards for a booth display.

Jim was a good friend. I loved his passion for his work, for Willimantic, for his family. Passion was a theme in our friendship. I was passionate about everything in those days; I had just removed the cloak of objectivity from my shoulders when I left the Chronicle and it was so exciting to just jump in and get involved. Jim and I were both volatile and we clashed periodically, to the entertainment of everyone around, I imagine. We always got over it. Jim’s business was growing fast.

Those were heady days. Every town wanted desperately to reduce its waste stream, companies were looking for cheaper raw materials and the need to conserve resources was becoming undeniable. Jim had less time for fun, and life was moving for all of us. Tony and I started working together, doing odd jobs and handyman work. But we still came down to the Waste once a week of so with a truckload of scrap metal. We’d drive onto the scale, have the weight recorded and head out to the iron pile. After weighing the now-empty truck, we’d go inside and talk while we collected a few bucks.

Tony and I started moving furniture for people and we spent less time collecting scrap. One way or another, I saw less and less of Jim and the Waste. Now, as I reflect, I am amazed at how full those years were, how rich and extraordinary the memories are.

I don’t know if it’s still so loose at the Waste. I doubt it. It sure was handy to have a place where a couple of yahoos could collect junk all day, go on down to weigh up and cash in for that night’s beer money.

Mark Svetz has been a journalist, activist, teacher and self-appointed knight errant in Willimantic for the last 45 years... and counting! You can read more of Mark’s writing at www.WillimanticToday.wordpress.com

Come Alive

By Judy Davis

My daily walk from my grandparents cottage leads to the green hills so grand.

I am greeted by shadows, and my mother Maureen’s maiden name – Donnelly.

It is a name flying on the breeze, around trees, touching gently on the fairy rings nestled on the dew kissed grass.

This county of Leitrim, with Mohill being the village, is where the stories of James and Annie Donnelly took hold.

My Irish ancestry comes alive! And it is as musical as a sirens call from the sea.

The clouds laugh, stones tell stories, the seashells sing. Mohill is where the shamrocks are gathered by family - and dreams take wing!

In the Garden

By Kathy Lepak

It’s quiet here on the hill; only the sounds of a few birds in the distance and the hum of the bees as they move from clover to clover surrounding the garden. The feel of dirt between my toes brings back memories of working in the large vegetable garden with my mother and father on our small farm.

It has been a life well-lived since that time long ago, and the large vegetable gardens we had once planted and maintained at our own home, have now dwindled down into a small kitchen herb garden which still gives me much pleasure. As I age, the smaller garden suits me well.

The lavender has finally taken hold and blossomed – I had tried it before but had had no good luck with it. The soil seems to have improved much over this past winter season. The sage came back nicely from last year and the oregano, a stalwart plant, has grown quite large. One of my four marjoram plants was lost, but the other three are doing well. The marjoram is my favorite herb, used in all of my soups and stews. Two new varieties of basil were planted this year – a “Holy” basil and a purple basil – the latter having quite a distinctive and unusual, but pleasant aroma. The rosemary is doing quite well in its pot above ground, as I will bring it in during the cold months. The parsley, however, has been no more than a casual snack for the rabbits that we see occasionally in the yard. I am quite happy that they don’t favor all of the other herbs.

Time in the garden is well spent. The pressures of the day are left behind and the sense of nurturing growing things eases the mind. It becomes a different sense of accomplishment – a quiet knowing – of being one with the nature. Other obligations of the day are very happily left behind.

Take a seat near a garden and things begin to change. You become more aware of your surroundings; you pay attention to the clouds moving in the sky above and the sound of the leaves rustling in the breeze, however so slightly. You watch as a hawk circles ever so slowly above you, making its way higher into the clouds without even the slightest movement of its wings. You listen.

The smallest movement in the garden attracts your attention – a beetle scurrying under a leaf; a spider making its way up the branch of a plant, or a worm, digging itself under the soil that has been loosened by your weeding. You become aware. You transcend time. Your life slows.

Pay attention: this small garden at the top of the hill is showing you what life should be. Everything comes in its own time - everything in its own season. It grows best with loving care and gentle attention. Listen well and learn.

“If you have a garden and a library, you have everything you need.” Cicero

CT Green Energy News

Submitted by Peter Millman



Welcome to the CT Green Energy News, a weekly digest of stories that has been condensed into a monthly format for *Neighbors* readers. To read the full stories online, just Google the titles below. You can also subscribe to the free weekly email newsletter by contacting Peter Millman at peter.millman7@gmail.com.

News and events for advocates of clean energy, energy efficiency, and climate action at the state and local levels, focusing on Connecticut. Brought to you by People's Action for Clean Energy (PACE) and Eastern CT Green Action (ECGA).

Electric buses are an investment in the future
The Chronicle. "As part of newly passed bipartisan legislation, the Windham Regional Transit District and the University of Connecticut will each receive three battery-powered buses and funding for charging facilities. In addition to its benefit fighting climate change, converting to electricity has other long-term bonuses for the state. 'The advantage of electric is ... it's much more cost effective than diesel...'"

Kevin Rennie: Eversource's marketing campaign didn't live up to billing in my neighborhood
Hartford Courant. "Eversource's sustained fear campaign was based on false claims, as fear campaigns often are... Eversource thrives on its ability to influence state officials, especially those with energy issues in their portfolio. That's why the company maintains the state's largest platoon of registered lobbyists. That influence is how it has been able to stymie more competition among energy providers and innovators. That's how it will get away with its hardball marketing in one neighborhood. " Plus: CT officials, lawmakers call for probe into Eversource marketing

Lamont celebrates Manchester school's eventual transformation into net-zero building
Journal Inquirer. "Buckley will be supported by solar panels on the roof and geothermal wells in order to become net-zero, and Thames highlighted other steps being taken throughout town, including solar panels at Manchester High School...'We're really proud of this, taking a 1950 building that has seen its day and renovating it to new for the next 20 years.'"

What does climate 'Code Red' mean for Connecticut?
CT Mirror. "The net result is that natural gas is worse for the climate than coal. Yet Connecticut continues to mandate the expansion of its use, and Eversource is only too happy to comply. Its "Southeast Resiliency Project" is currently pushing through Middletown on its way to cross the Connecticut River and then on toward Montville. Once there, it will be possible for the oil-burning NRG Montville power station to apply to install a gas turbine, just as the NTG Killingly and NRG Middletown power stations have done, locking in decades of new pollution...The bad news

is that corporations remain addicted to large-scale projects employing legacy technology whose ongoing revenue streams they can control. Companies such as Eversource are so dedicated to propping up natural gas use that they have resorted to disinformation as part of a campaign to sustain public support for natural gas."

PURA establishes new energy storage program
Hartford Business Journal. "The program is expected to include a benefit to residential customers of around \$250 per kilowatt-hour, with a maximum per-project incentive of \$7,500. Commercial and industrial customers would be eligible for upfront incentives, with a maximum of 50% of a project's cost." Plus: Connecticut details incentives, equity goals for energy storage program

A climate choice we can make
CT Mirror. "The IPCC report says climate change is escalating. The future looks bleak. One response is to 'eat, drink and be merry, for tomorrow we die.' Another response is to band together with others and continue fighting to make it "less worse." There is a lot of joy down that road."

Greenskies Clean Energy installs 645 kW of solar for Connecticut town
Solar Power World. "These four projects alone are expected to save the town an additional \$967,000 in energy costs over the next 20 years. By using a solar power purchase agreement, the installations were completed at no upfront cost to Glastonbury, which will also benefit from reduced electricity rates."



Time for Ludicrous Mode - An Opportunity for Large Cuts in Emissions Along With Major Budgetary Savings.
EV Club of CT. "When the Westport Police were doing their diligence in advance of the purchase of a Tesla Model 3 for use as a patrol car, they worked with Sustainable Westport (SW) to run a set of estimates for the payback time period...When I initially started the analysis, my expectation was that the SW numbers were reasonable and we would end up somewhere in that neighborhood. I hadn't thought the financials would end up being such a slam-dunk with savings of \$52,000 over 4 years, enough to buy a new Tesla...This Tesla Pilot was only a test, but it begs the question: with such strong results, is there any reason not to go all-in for EVs, and forget gradualism?"

Medical supply company sees efficiency in switch to solar power
Solar Build. "As one of the largest commercial solar projects in the Eversource utility system, Sky's PV install will offset more than half of the Medline facility's annual electricity usage. The project produces approximately 1,578,430 kWh of clean and renewable electricity annually and will substantially lower Medline's utility costs."

The hiding place

Somewhere in the moments that we leave in opened doorways
 notice the tracks we have left on dust covered floors to reach one another.
 Is my journey so different than yours?
 What brings you now to this moment and how do you need me to love you?
 I will listen as your whisper into the walls that surround the rooms where we hide our secrets.
 But I am not sure that I will always hear you or that you will hear me not hear you.
 I am only a place right now where you rest against the days
 that take bits and pieces of who you once hoped to be.
 I am writing your name in this dust with fingers that have forgotten how to touch.
 I leave the doors open..find your way home.



Poem and photo by Wayne Erskine.

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From the Ground Up - Buying Local in Connecticut

Let's Talk About Herbs...and Carrots

By C. Dennis Pierce

This fall or winter, without moving too far from your chair, you can plan an herb garden limited only by your imagination. It could be a large circle in the yard, a plot adjacent to the door, closest to your kitchen, or a sunny window box out on the deck. From this you can make seasonings, vinegars, mustards, and jellies. There will come a day in March or April that you will get that sense of spring. Maybe that smell of soil in the air as the ground around you lets off that woody odor and will encourage you to bundle up and take a walk, in search of the signs of the seasonal change. Maybe, just maybe, all your planning will become a reality.

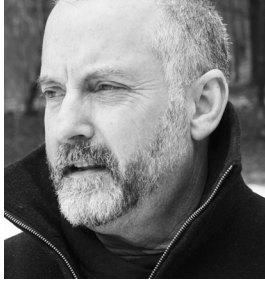
So, let's take a look at your herb choices. From a culinary perspective the most reliable herbs are parsley and basil because both can be used in large quantities without overwhelming the flavor of the recipe that you are working with and both are widely available and easy to grow. Dill, marjoram, mint, oregano are great supporting herbs that often compliment a dish. The most powerful herbs are thyme, sage, tarragon and rosemary. These should be use sparingly. A teaspoon or a tablespoon added to the recipe is plenty.

Some interesting combinations of herbs include: ½ cup of parsley and basil, ¼ cup of dill and 1 teaspoon each of thyme and tarragon. Another is 1/3 of a cup of parsley, chervil and marjoram, and a few needles of rosemary. Lastly, another option is ½ cup of marjoram, ¼ cup of dill, 1 teaspoon of thyme or tarragon. These mixtures can be added to soups or sauces based on the flavor profile that you want to create.

So, what is the difference between fresh and dried herbs? Dried herbs have a stronger flavor than fresh and may overpower your dish. The one challenge that I always struggle is how old is the dried herbs that I have and how old is the dried herbs that I am buying and starting to use. When using dried herbs, the general rule of thumb for the correct ratio is one tablespoon of fresh herbs to one teaspoon of dried herbs. With fresh herbs some recipes only call for only one sprig or two. Feel free to use fresh herbs liberally unlike dried. With fresh herbs, wash by dipping them into a bowl of cool water and shake the water off or pat dry with paper towels. Always use a sharp knife to chop herbs but do so only at the last moment. Never in advance. So now that you have it all figured out, I will really confuse you. I once had a Master Chef tell me the way to intensify fresh herbs in a recipe? Toss them in a dry sauté pan for a few minutes to heat them up before adding them to the recipe. Mind you, they will have a stronger profile.

So, you have planted your herb garden and now it is August and your garden is in full bloom. Now what? A small bunch of herbs added to a bottle of oil or vinegar will give it a delicate fragrance and you will capture memories of your herb garden year-round. For the best fragrance try picking your herbs in the morning as they are at their freshest. For strong herbs such as those listed above, add a pinch of salt or some peppercorns with the herbs and store the mixture for weeks to absorb the flavor. Freezing is the least hassle. Clean herbs with their stems on. Dip them into boiling water first if you want them to keep their color, pat them dry and spread them loosely in freezer bags. You don't have to chop them up as they will be brittle when you take them out. Mind you, basil will always turn black. That is ok. It does not change its taste.

If color is important mix the basil, a small amount of olive oil, chopped garlic and parmesan cheese and make a pesto that you can refrigerate or freeze. And don't think pesto has to be made with just basil. It can be made with anything and actually it is very trendy to make pesto with obscure items. If I let you take a look in my frig right now you will find three small jars of pesto made with the leaves from ramps.



So now what is in season at our local markets? One item I always look for is carrots. The difference between local and store bought carrots is like night and day. Generally, we don't appreciate carrots, or even most have not even tried locally grown carrots. They are relatively low in calories and they are a vital contributor to our good health. They should not be boiled to death in large quantities of water. Gently steamed and enhanced with a little sugar adds to their flavor. Carrots are an excellent source of Vitamin A and contains only about 20 calories per carrot. That is about 160 calories per pound. I am sure that you have never thought about the following mixture. You will be pleasantly surprised.



Photo by Dennis Pierce.

Carrot Potato Puree

Makes 6 servings

Ingredients:

1 lb. of carrots, peeled
Salt
1 lb. of medium russet potatoes, peeled
1 cup of half and half
¼ cup of butter
Generous pinch of nutmeg
Fresh ground pepper
Minced fresh parsley – ¼ cup
Minced fresh tarragon – ¼ cup

Directions:

Cut carrots into halves or quarters
Place in pan in one inch of water with ¼ teaspoons of salt and sugar
Cook until tender
Cube potatoes, cover with water, add ½ teaspoon of salt and boil until tender.
Drain vegetables.
Mash both vegetables together over low heat and beat until smooth either using an electric beater or potato masher.
In a separate pan heat ½ and ½ with butter. This can also be prepared in a microwave.
Add mixture to potatoes and carrots.
Add nutmeg, some of the parsley and all of the tarragon.
Add pepper and additional salt if needed.
Whip until fluffy.
Place in serving bowl and top with the remainder of the parsley.
Another variation:
Make puree as directed above.
Whip in one egg to the mixture.
Place in a flame proof dish and top with ½ cup of sharp cheddar cheese
Heat at 400 degrees

As always thanks for reading my column. I am looking forward to what the fall gardens have to offer. To be honest I am also in search of much cooler days. Lastly, don't forget it is Fall season. I was impressed with all of the great looking vegetables that received blue ribbons at the Lebanon and Brooklyn Fairs. Looking forward to both the Woodstock and Hebron Fairs still to come. If you have a suggestion for a farm or a local grower or even a recipe that would feature a local ingredient, please let me know. I will do my best to share your suggestions in a future column. Drop me a line at Codfish53@Yahoo.com. Peas be with you...

The Great Viking Makeover

By Bob Lorentson

I am a Viking. I learned this recently when I read that anyone of Scandinavian descent whose name ends in 'son' is likely to have Viking blood in their veins. I know it's probably not very Viking-like of me, but I have been afraid of admitting this possibility to myself forever. I only felt emboldened to accept my heritage because of recent scientific discoveries that put Vikings in a better light. And let's face it, a total eclipse of the sun would have put Vikings in a better light.

I am not a practicing Viking mind you. I never have, and likely never will go around raiding, burning, pillaging, wearing horned helmets, drinking from human skulls, and just generally going berserk. But who didn't do these things back in the carefree Viking days of the 9th, 10th, and 11th centuries?

Well, in the Great Viking Makeover, it turns out that laying waste to the non-Viking world was only a part time job, and they never did wear horned helmets or drink from skulls. And only a small percentage of them were genuine berserkers, ingesting psychotropic plants like henbane or fly agaric to put themselves into a trance-like rage, howling and biting their shields while wearing wolf or bear skins into battle. But I think that every group has a few people like that, don't they? We've just learned to look the other way.

In fact, Vikings didn't have a lot of time for marauding shenanigans, thanks in part to those long, cold northern winters. Sure, they made the most of the time they had, terrorizing and ransacking their way through Europe and Russia from innovatively designed longboats that took them far up rivers to places the more run-of-the-mill raiders couldn't go. But in my mind at least, that was just an early demonstration of what has widely come to be regarded as Scandinavian efficiency. I will admit that Scandinavian efficiency is probably much more appreciated now-a-days.

Most of the time Vikings were too busy farming, fishing, building boats, and exploring. It is unfortunate that they are not remembered more for their farming and fishing prowess, but then who is? Viking boat builders however were known to be far ahead of their time, and their ships took fearless explorers on expeditions deep into Russia, southern Europe, and the Middle East, and west to Iceland and Greenland. As there wasn't yet anything to pillage in Iceland or Greenland, they continued west and even reached North America well before it became a popular marauding destination.

The Great Viking Makeover has also turned up evidence that Vikings liked to play games as much as anyone, and tell stories and poems to cheer their hearts during the long winter nights. One popular game had players split into two teams, with each trying to prove which could drink the most mead while delivering the most cutting insults. This usually led to another game in which all Vikings excelled – sword play – which featured a very different type of cutting insult. Stories and poems were told by the winners of these games, and they were no slackards when it came to word play either. Many Viking words greatly enlivened these sagas and are still in use today, such as slaughter, ransack, berserk, knife, club, hit, and skull.

And strangely enough, the new discoveries also reveal that any self-respecting Viking worth his name even bathed once a week, and in hot springs, not the blood of his victims. That's saying something when Vikings tended to have names like Eric Bloodaxe, Thorir the Troll-Burster, and Harald War Tooth. Not only that, hip Vikings usually wore eyeliner, dyed their hair blond if it wasn't already, and had it styled in fabulous braids. Perhaps not so strangely, no one criticized them.

Lastly, Viking society was also far ahead of its time in regard to women's rights. Viking women could own property, hold jobs outside the home, get a divorce, and be a warrior if they so wanted. They did not, as previously believed, merely stay at home and scold their men when they came back late from a raiding party.

I am a Viking, and am now proud to admit it. Perhaps there is hope for all you Huns, Vandals, and Visigoths yet.

Bob Lorentson is a retired environmental scientist and an active daydreamer. For more of Bob's writing, see www.boblorentson.com

Unsung Heroes of Soul: Garnet Mimms

By Dean Farrell

As host of "The Soul Express," I play the biggest names in 1960s and '70s-era soul music. I also mix in the many great soul artists who did not necessarily become household names but were no less talented. This month's column features Garnet Mimms, whose entry at allmusic.com reads, "[His] pleading, gospel-derived intensity made him one of the earliest true soul singers. [And] his legacy remains criminally underappreciated."

He was born Garrett Mimms in Ashland, West Virginia, on November 26, 1933, but grew up in Philadelphia. Like many soul singers, Mimms got his start in gospel music, performing with groups named the Evening Stars and the Harmonizing Four. His earliest recordings, for Savoy Records, came out in 1953 with the Norfolk Four.

After a hitch in the military, Mimms returned to Philadelphia and sang doo-wop with the Deltones. In 1958, he formed his own group, the Gainors, whose line-up included another future star of soul music, Howard Tate. They recorded several singles for the Red Top, Mercury and Talley Ho labels, but none of them sold. Mimms and a fellow Gainor, Sam Bell, left the group in 1961 to form a new line-up with Charles Boyer and Zola Peamell. They dubbed themselves Garnet Mimms & The Enchanters.

Relocating to New York, they met songwriter/producer Bert Berns, who got the group signed to the United Artists label. Berns also teamed them up with his fellow songwriter/producer, Jerry Ragovoy, who promptly came up with a hit for the group. "Cry Baby" was a raw, intense, gospel-driven ballad with a pleading spoken-word bridge. It spent three weeks at #1 on the Rhythm & Blues chart and reached #4 on the pop side. It also laid the groundwork for future soul stars like Otis Redding, Wilson Pickett and Aretha Franklin. (Janis Joplin would record her own version of "Cry Baby" in 1970.)

The Enchanters followed their debut smash with the double-sided hit, "For Your Precious Love" / "Baby, Don't You Weep." Their 1964 single, "A Quiet Place," became a perennial favorite on the Beach Music scene of North and South Carolina. That same year, Garnet Mimms left the group to pursue a solo career. He remained with United Artists and racked up several minor hits through 1966. UA would later move the singer to its Veep subsidiary, on which he came out with "My Baby," another Mimms track that Janis Joplin covered. He also released three albums: "As Long As I Have You" (1964), "I'll Take Good Care of You," and "Warm and Soulful" (both 1966).

In 1967, the LP "Garnet Mimms Live" was released only in the UK. In 1968, he signed with Verve, where Mimms continued to work with Jerry Ragovoy. After his 1972 sessions for the GSF label, Garnet Mimms did not record again for five years.

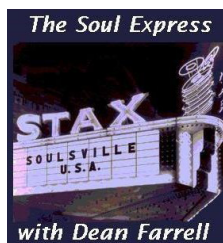
In 1977, he laid down some funk tracks as Garnet Mimms & The Truckin' Company. One of these numbers, "What It Is," became his first charted single in eleven



years. Not long after, Mimms quit the music business and became a born-again Christian.

In the 1980s, he joined the New Jerusalem Prison Ministry and later established the Bottom Line Revival Ministries, where he continued to minister to the incarcerated.

In 1999, Garnet Mimms received the Rhythm & Blues Foundation's Pioneer Award. In 2007, he made a gospel album, "Is Anybody Out There," his first recording in thirty years.



Charted singles:

- "Cry Baby" (1963) R&B #1 (3 weeks), Pop #4
- "Baby, Don't You Weep" (1963) R&B #9, Pop #30
- "For Your Precious Love" (1963) R&B #11, Pop #26
- "Tell Me Baby" (1964) R&B #16, Pop #69
- "One Girl" (1964) R&B #31, Pop #67
- "A Quiet Place" (1964) R&B #25, Pop #78
- "Look Away" (1964) R&B #14, Pop #73
- "A Little Bit of Soap" (1965) Pop #95
- "It Was Easier to Hurt Her" (1965) Pop #124
- "That Goes to Show You" (1965) Pop #115
- "I'll Take Good Care of You" (1966) R&B #15, Pop #30
- "My Baby" (1966) Pop #132
- "What It Is" (1977) R&B #38

Please check out the Unsung Heroes of Soul blog at <https://60459fe07898a.site123.me/>

Dean Farrell hosts "The Soul Express" twice on Fridays: on WRTC, 89.3-FM (www.wrtcfm.com) from 5:30 - 7:30 p.m. and on WECS, 90.1-FM (www.wecsfm.com), from 9:00 p.m. - midnight. He plays vintage soul music of the 1960s and '70s--everything from #1 hits to long-lost obscurities. Dean's e-mail address is soulexpress@gmail.com.

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Latest Invasive Species

By Angela Hawkins Fichter

I wrote an article about invasive species here in CT a few years ago. But we get new invasive species, so this is an article about the latest invasive animal.

Had lunch with a friend about a month ago, and she had the strangest story to tell. She lives in Lebanon and frequently hikes around the Lebanon town green. She reported seeing something red walking in the green. She approached it. To her it looked something like a red lobster, and as she got closer to it, it came after her! She ran away. I hadn't seen this friend in some time because of the pandemic. So I wondered if she was having vision problems. I asked her to pass me the salt, and she did not pass me the pepper, so at least she can still tell black from white. No one sitting

around the lunch table had any idea of what she saw. Not long after that I saw an article about this new beast in two different state newspapers. The critter's name? Red swamp crayfish. This crayfish is invasive and highly aggressive. No wonder my friend ran away from it. It is native to Louisiana and has come to CT because people would buy a huge shipment of live crayfish for a big meal and then release the ones they didn't need to cook. My husband was a minister, and I remember one wedding he did where the bride was from CT, and the groom was from Louisiana. The groom had a big shipment of these crayfish shipped up for the wedding reception. They were really yummy. Of course, they were cooked so the issue of their aggression never came up.

The invasion of red crayfish reminds me what people have done

to the Everglades in Florida. People in Florida silly enough to buy baby pythons just don't know what to do with them when they grow up into giant snakes. They have driven them to the Everglades in order for the snakes to live wild. What they didn't expect is that a giant snake would eat a lot of the native birds and animals, plus they make lots more baby snakes that grow up into giant snakes. This has become a major problem for wildlife in the Everglades.

The moral of this article is to not let loose into your own local environment a species from a place very far away, because not only might it survive, but it might compete with the locals. I wonder if this is true for Yankees who marry redneck southerners and then bring their new spouse to New England!

Quest for Kindness

By Delia Berlin



Recently I needed to fast for eight hours to prepare for some routine bloodwork. Going to the lab before breakfast would disrupt my pets' routine and expectations, so I decided to have breakfast before 6 a.m. and wait eight hours before heading to the lab. Unfortunately, upon arrival at the unstaffed waiting room of the local lab that I've used on a walk-in basis for years, I learned that the procedure had been changed and appointments were now required. I booked an appointment using a touch-screen device at the self-service desk. The earliest available appointment was in two hours.

I was unsure about what to do next. I hadn't prepared myself to wait for two hours. I was starting to get shaky and cranky, which is what happens when I'm fasting. But I didn't want to have to fast again on another day, so I decided to wait.

Before sitting down, I took a walk to my doctor's office, in the same building. I asked the front office worker why the letter instructing me to go to the lab after fasting for at least eight hours did not mention the need for an appointment. She told me that they had just been informed about this change on Monday. I accepted this answer, because my brain works slowly without fuel, and started walking back to the lab. But I soon realized that since it was Wednesday, there had been plenty of time for a phone call. So, I returned to the doctor's office and asked why I hadn't been called. The office worker told me they had "thousands of patients" and there was no way they could all be called. I expressed my doubt that all of those patients were scheduled for bloodwork in such a brief time interval and suggested that calling those who were would have been the right thing to do.

As I returned to the lab waiting room, I noticed a small sign near the self-service desk that read "MAXIMUM ROOM CAPACITY 5" and was immediately puzzled by the presence of six occupied chairs, plus an additional couple of people standing in line to sign in. There was another sign stating that masks were required. A man entered the room without one, and since nobody was monitoring the situation, I took the liberty of reading the sign to him. He reluctantly put a mask on, below his nose. Hint: If you can't cover your nose with your mask, please don't bother putting it on. It doesn't work that way. Plus, being unmasked where masks are required makes you look uncooperative, but being masked with your nose exposed makes you look like a moron. Way worse!

This is a good place to remind you that I was cranky and still had almost two hours left to stew. During that time, I noticed lots of things that did nothing to

soothe my mood. Let's start with the basic model of an unstaffed "reception" or waiting room for health care needs. Heartless doesn't begin to describe it. During the time I was there, people came in who didn't understand the touch-screen system. There were others who didn't come alone, but whose escorts had to leave

because the room was over capacity. There was a man who needed two canes to walk and who fell while trying to sit down. I was close enough to partially break his fall, but he still scraped one knee badly. All I could do was bring him the hand-sanitizer pump to disinfect it. When this man was brought back from the lab after his appointment, I was glad to be able to open the door for him. How do you open a heavy door with two canes? How could the health care worker accompanying him not anticipate his need for assistance?

Meanwhile, a TV screen played a continuous video, mostly about the different ways you could pay your lab bill, just as easily as paying your water or gas bill. hilariously, the video explained that if you are visually impaired or blind, the self-help touch screen can use audio prompts instead of visuals. How helpful can it be to blind people listening to instructions on the TV to learn that there is a device somewhere in the waiting room that can talk to them? I found this completely baffling, but perhaps blindness comes with a sixth sense to enlighten one on the subject.

There were also two women speaking to each other in Spanish across the length of the room, lamenting the loss of the human receptionist who once occupied the now dark office behind the self-check-in device. Apparently, she was extremely helpful and also bilingual. The women expressed concern that some people would not be able to cope with the device, even though one could select English or Spanish on the screen.

As I sat there asking myself why my health insurance company was paying good money to this lab to put me through this treatment, the video screen offered a possible explanation. It turns out that my health insurance company and the lab have "partnered to serve you better." So, in a way, when the insurance company pays the lab for their work, they are also paying themselves. If you think this sounds too devious, please remember that it entered my mind while I was cranky.

When my name was finally called and I entered the lab, I noticed another sign, asking everyone to be kind to front-line workers. Of course, as the ones dealing with patients' frustrations, front-line workers suffer the consequences of inhumane corporate decisions without bearing any responsibility for them. It may be too much to ask of the parent companies, but it would be nice if, instead of printing signs asking for kindness, they could figure out how to give some.

The Price of Privacy

By Calen Nakash

Last month I wrote about the necessity of forming strong grassroots groups to build a foundation for fighting back against corruption, both locally and internationally. Since then, I've researched exactly what it would take to keep such groups and their actions private. I've come to the conclusion that while public groups can be a great force for good and are obviously the most popular option, everyone deserves the right to privacy, despite our growing acceptance of anonymity as a thing of the past. In addition, anything that upsets the status quo is at immediate risk: public groups that grow large enough are subject to constant scrutiny, and their online protests can be infiltrated and delegitimized. In 2020, the Brennan Center for Justice wrote that the FBI is targeting "a new generation of Black activists," seeing them as a national security threat. I am concerned that if our institutions fail, there will be no one left to handle the fallout and protect our people. The following is a hypothetical how-to guide for staying entirely anonymous, in order to highlight the surveillance and data gathering we all deal with on a daily basis. Many Americans joke about having a personal NSA agent, but the scope of the problem is much wider than that.

The website RestorePrivacy.com describes the best ways to remain as anonymous as possible, which I'll be summarizing here. It also explores a subject that has been discussed in the privacy community for years: the UKUSA Agreement. This, according to Wikipedia, is a "multilateral agreement for cooperation in signals intelligence between Australia, Canada, New Zealand, the United Kingdom, and the United States," an alliance known as the Five Eyes. UKUSA originated in the 1940s during the Cold War, and, like a slowly rising iceberg, awareness of just how powerful it is has emerged over time, most recently from Edward Snowden's revelation that the NSA paid the UK's Government Communications Headquarters over £100 million between 2010 and 2013.

Five Eyes and the expanded alliances Nine Eyes and Fourteen Eyes are the means by which countries work to collect and share mass surveillance data with each other. These networks have been spying on people for decades, dating back to World War II. ECHELON is a surveillance program used by the Five Eyes countries. The *Guardian* describes it as "a global network of electronic spy stations that can eavesdrop on telephones, faxes and computers...[and] can even track bank accounts." Our government flatly denies it exists, but former NSA employees "Perry Fellwock and Margaret Newsham came forward to document various aspects of ECHELON to the public."

Because of all this, [RestorePrivacy](https://RestorePrivacy.com) recommends using services that are not based in the countries involved in these alliances. That means choosing search engines,

email services, and virtual private networks (VPNs) that are not at risk of being pressured by local or federal governments that want to obtain data on their users.

When you browse the internet using a VPN, two things happen. First, your browsing data is encrypted. That means no one knows what you're looking for, and your internet service provider (ISP) can't sell your data to the highest bidder. But this encryption is compromised if you log into websites that track your personal information, like Facebook. The second thing a VPN does is mask your location. For people in countries with limited freedom of speech, this is a necessary tool for preventing prison time or worse.

There are currently three VPNs located outside of the UKUSA Agreement: NordVPN, Surfshark, and ExpressVPN. The dangers of choosing the wrong VPN or form of communication in a country that does not respect privacy are clear. Riseup, a Seattle-based VPN, was not only forced to collect data on its users, but it was also hit with a gag order to prevent disclosure to its customers (a common tactic that is used so monitoring can continue). Lavabit, a U.S.-based mail service, was harassed by federal agents to divulge its encryption keys, according to the *Guardian*, leading to a 38-day-long legal struggle that ultimately led to Lavabit shutting down rather than complying.

So, there is good precedent for not trusting that your communication will be safe if you choose a service based in the United States, the United Kingdom, New Zealand, Canada, or Australia. For an encrypted email service outside of prying eyes, ProtonMail is a good option I'm using. For search engines, try MetaGer, Swisscows, Searx, or Qwant. Finally, for truly anonymous text communication, a burner phone should be bought with paper money, with a VPN installed afterwards. It is frustrating that so many steps must be taken for anonymous communication, but surveillance of the general public will no doubt increase moving forward.

In the modern age, many believe privacy to be a thing of the past. These safeguards provide a legal relief from the feeling of always being watched, and VPNs also allow the viewing of content that is officially available only in certain countries. As our liberties are stripped away, there will always be people who fight to restore them. If you'd like to brainstorm or would like my help, contact me at my new encrypted email: calennakash@protonmail.com.

We've been brought up on quips such as "If you don't have anything to hide, you don't need to worry." Edmund Burke once said, "The only thing that is necessary for the triumph of evil is for good men to do nothing." Good men have been pepper-sprayed or shot in peaceful protests where they did nothing but stand there. It may be time for a different approach.

Willimantic Downtown Country Fair is Back!

Submitted by Alice Rubin

The Willimantic Food Co-op is very happy and excited to once again host the Willimantic Downtown Country Fair! Our fair has run continuously (except for last year) since 1991 when it began as a Block Party at our location on Meadow Street. It was our way of saying Thank You and celebrating our neighborhood in Downtown Willimantic. We closed the street, had craft vendors, kid's activities, food and music – most importantly, we all had a good time!

We carried on the tradition when we moved to Valley Street. We closed the parking lot and the street! And eventually, we got brave enough to move the whole thing over to Jillson Square. There, we teamed up with the

Willimantic Farmers Market - there was plenty of room for all of us! And...

We are once again saying Thank You to our Community! Please come and enjoy the day with us! This year we have....

A fantastic lineup of local musicians

11:15 Sally Rogers, Folksinger

12:15 Earl MacDonald, Jazz Quartet

1:30 Frog Bridge Strings, Fiddle

2:30 Bentetu, Caribbean/Afro

A diverse collection of crafters selling their wares

Delicious food from several local restaurants

Information from our community organizations – including your Food Co-op.

The Willimantic Downtown Country Fair is a free event which welcomes everyone. I hope that you all can join us on Saturday September 25th. We'll be on Jillson Square from 11-4, celebrating our wonderful community!

Preparing for Retirement Emotionally: A Timeline and Tips

By Laurence Hale, AAMA, CRPS®
Principal/Managing Partner,
Co-Founder, & Chief Investment
Officer



Retirement paves the way to a new and exciting chapter of our lives. Like popping the cork from a long-awaited champagne bottle, this is the moment of relief when, for the first time ever, we now have ample time to travel the world, take up new hobbies, and scratch whatever itch we've been ignoring. But for many of us, the thought of leaving our jobs forever can be daunting. After all, our careers play an important role in shaping our identity. And to suddenly cut the cord means we have to find something else to fill the void.

This isn't helped by the fact that the word 'retirement' can feel quite limiting – when it's anything but. Today's typical 60 somethings are nothing like those of a generation ago, when men could expect to live up to their late sixties, and for women their mid-seventies. Since then, life expectancy has improved incrementally. The current life expectancy for men in the U.S. is 75 and for women it's 85.

For many retirees these days, retirement isn't a wind-down phase, but a whole new beginning. And just as new beginnings in the earlier phases of life required preparation, so too does this one.

Financially speaking, you might need to consider how to manage your retirement fund more strategically. This is where solid financial planning and strategic investments and wealth management come into play – these are essential to enabling you to live the kind of lifestyle you want, for longer than might have been expected by prior generations.

But how do you prepare for such a massive transition emotionally? According to gerontologist Ken Dychtwald, it's all about mindset. (You can read more about Dychtwald and his work on his website, agewave.com.) He advises people approaching retirement to do so as they would a career: set goals, visualize a ladder to climb, and use these targets as motivation to move closer towards your next destination.

This is important because, as human beings, we're very goal oriented and without goals, we lack direction. Unfortunately, the statistics show how detrimental it can be to find yourself without purpose and meaning at retirement: depression is prevalent in 22% of men and 28% of women at the age of 65 and over.

If you're unsure of how to even begin to plan for retirement, then following some of the principles from Professor Dychtwald's five phases of retirement could help you map out your journey.

Imagination (15 years before retirement): Being at least fifteen years away from finishing work for good, retirement might not seem like a priority. At this point, you're more likely to be making sure that career aspirations are met, bills are paid, and your children are able to get through university. But it's important to think about your retirement savings at this stage to ensure you have the financial stability to live well post-retirement. This is where you can start to dream big and imagine the retirement you really want to have.

Anticipation (3 years from retirement): Now you're planning to turn retirement into reality... this is where preparing emotionally is just as vital as preparing financially. A great way to do this is by trying to develop a network of retirees whom you can trust for advice so they can share their experience of how they coped with the process. Make a note of the goals you want to accomplish and what measures need to be put in place in order to achieve them.

Preparing (1 year before retirement): The new beginning is near! Now's the time to start developing concrete steps. Ask yourself what you're going to do during the first week of retirement and what you plan on doing on a day-to-day basis. Make a plan of what you want to achieve in the first six months and talk it through with your partner or loved ones. Visualizing the practicalities of this new phase will make it seem less daunting when it eventually arrives.

The liberation phase (first year of retirement): Your working life is finally over! This is the stage when you're likely to feel the most excited, relieved, and liberated. You can finally begin to explore new opportunities, travels, and hobbies. Unfortunately, this honeymoon period will eventually fade, but remember, this is natural. Dychtwald states the importance of staying physically active and maintaining strong social ties with people at this stage.

Reorientation (3 years into retirement): Being this far into retirement, you'll hopefully be settled into a new routine and you may even have taken a step back and started to think about what you want to offer the world. This is the part where creating a legacy for the next generation can be top of mind. Whether that's by sharing your knowledge and wisdom with others, or by thinking more carefully about the financial gifts you're leaving children and grandchildren, this is an opportunity for you to decide what impact you want to leave on the world.

Wherever you are on this timeline, it's never too late to invest in the kind of life you want to live.

Retirement isn't the end of the road; dream big and don't be afraid to chase after your deepest desires. That may mean making adjustments to your overall financial planning and wealth management strategy.

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Walking Boston's Original Water Line (OWL) The Rose Fitzgerald Kennedy Greenway to Chinatown

By Brian Karlsson Barnes

OWL Walk This long walk around downtown Boston's Original Water Line -- the OWL Walk -- began in the July issue at Boston Common, a sloping shoreline on the Charles River side in 1630. When Boston was simply a small peninsula with a few hills.

Part 2 (August) followed the 1630 shore of Shawmut Peninsula through Beacon Hill to the North End where Rose Fitzgerald Kennedy was born at #4 Garden Court. Mother of John and Robert Kennedy, she was the oldest of six born to Josephine Hannon and John "Honey Fitz" Fitzgerald, a charming, chatty, some say loquacious Boston politician. Rose became Kennedy family matriarch and her namesake greenway replaces the notorious Central Artery named for her father.

Part 3's OWL would be a zigzag approximation across downtown "super blocks" but it's easier to follow the shoreline on the Rose Fitzgerald Kennedy Greenway. Walk the five public parks that arc toward South Station's trains and New England's only remaining Chinatown. Take in a post-pandemic performance at the Wang Theater or a movie at the AMC multi-screen theater facing the Common, completing the loop back to America's first city park.

OWL Walk From the north side of City Hall, Hanover Street runs straight to the North End, the "Island of North Boston." Follow it to Atlantic Avenue and the Rose Fitzgerald Kennedy Greenway; their path approximates the original water line of Boston Harbor. Turn right on the greenway, south.

ROSE FITZGERALD KENNEDY GREENWAY is 17 acres of remarkable greenery on a mile-plus strip along the ocean side of downtown Boston. Atlantic Avenue's divided roadway represents the OWL and the Greenway offers pedestrians surprising sanctuary and delight between opposing lanes of traffic.

Doing the Right Thing The old elevated Central Artery (I-93) was just relocated underground when I arrived during deconstruction in 2004. Boston wisely used parks and gardens to reconnect disparate parts of downtown. The opportunity for short-term development profit was great, but as with Boston Common and Public Garden, city leaders recognized that green parks add great value to surrounding land in the longer term.

The Big Dig was called a "15-Billion Dollar Boondoggle", certainly a boon for the construction industry, many jobs, and the Greenway is certainly the right thing. It's a good civics lesson for all neighborhoods: trees, parks and gardens provide physical and mental, social and spiritual benefits for all people.

The Greenway Conservancy also does the right thing with sustainable landscape management. The Greenway may be Boston's only organically maintained public park. No toxic chemicals, less watering. Using compost and compost tea instead of herbicides protects Boston Harbor. Plants are healthier and more resilient to withstand the wear of public use since it opened in 2008.

OWL Walk Lawn and gardens, fountains and public art, benches and food vendors all attract many to the Kennedy matriarch's promenade of five distinct city parks.

1 NORTH END PARK is the northernmost, a neighborhood park for the North End, one block north and south of Hanover Street. Easily seen to the north is the iconic Zakim Bridge. Evergreen boxwood (*Buxus*) hedges enclose herbaceous flowers, such as garden sage (*Salvia*), the formality of European gardens.

Along the park's eastern edge, a long pergola overlooks the lawn. Recalling a century-ago-canal that connected the harbor to now defunct industry, a shallow water course runs the length of the park with fountain-like vertical water jets. Urban landscape, Italian style. People gather, kids love it, me too.

2 WHARF DISTRICT PARK extends from India Wharf to Oliver Street on reclaimed land, so technically under



Zakim Bridge, pergola and fountain at North End Park. Contributed photo.

water in 1630, shallow water. Long Wharf was necessarily long to service large sailing ships because the water was shallow.

3 FORT POINT CHANNEL PARKS These "New American Gardens" are between Oliver and Congress Streets with trees and flowers found in contemporary New England gardens circa 2008. One stretch could be a country road -- if you ignore the din of the city.

Downy Shadblow (*Amelanchier canadensis*) is a 15' shrub form of our native Serviceberry tree that has clusters of pure white flowers in May, tasty fruit birds love, and fall color. It suckers to expand its colony so give it room. Underplanted with catmint (*Nepeta*) and daylilies (*Hemerocallis*) when I last visited. A mass planting of variegated dogwood had green leaves edged white, *Cornus alba* *Argenteo-marginata*, perhaps the compact 'Ivory Halo' (genus recently changed to *Benthamidia*). Deciduous with bare red stems in winter. Older stems lose color, so removal enhances winter interest by promoting newer red growth.

Fort Point Parks were planted in 2008 by Mass. Hort volunteers with help from Massachusetts Master Gardeners.

4 DEWEY SQUARE PARK between Congress and Summer Streets connects the Greenway to South Station and the Financial District. Lawn, a food plaza and demonstration gardens with a seasonal farmers market invite many to lunch. (Planners could not, however, expect the Occupy Boston political movement in 2011, a decade ago already.)

5 CHINATOWN PARK at the Greenway's southern end has Asian elements. A fountain suggests a waterfall on a shallow riverbed. A serpentine walkway is edged by bamboo (perhaps *Phyllostachys*). Ornamental *Miscanthus* grass was striking against a bright red sculptural wall in October 2008.

CHINATOWN is the only surviving Chinese urban enclave in New England since others' demise in Providence RI and Portland ME. The large Paifang gate with green clay roof tiles on Essex Street is traditional, inviting all under the sky.

Wordsmith:

Paifang refers to the gate of a Chinese neighborhood ("fang") that evolved into a decorative monument with traditional elements such as multi-tiered roofs, supporting posts and archways.

In 1630, Chinatown land was partly tidal flat bordering the causeway (Washington Street aka "Boston Neck") on the Charles River side. Beacon Hill -- as fill -- likely provided "reclaimed" land and a source of cheap housing and jobs for a succession of immigrants, Irish, Jewish, Italian and Lebanese before Chinese arrived in the 1870s. Wikipedia claims the first restaurant, Hong Far



Ornamental *Miscanthus* grass with a bright red sculptural wall in Chinatown Park. Contributed photo.

Low, opened in 1875.

Another thing done right was Boston's conversion of its 1960s "Combat Zone", the adult-entertainment-crime-and-violence-district that centered on Chinatown's Washington Street between Boylston and Kneeland. The Paifang gate was given in 1982 by Taiwan, engraved Tian Xia Wei Gong: "Everything under the sky is for the people".

Now (says Yelp on-line), "Boston's Chinatown is perfect. Tiny, fun, busy, bustling, lively, lovely, hilarious, unpredictable, and perfect. There are amazing bakeries and places for drinks, excellent restaurants -- and parking tickets aplenty -- and little malls that you never expect to find yourself in, selling things you've never seen before or imagined."



Paifang gate with green clay roof tiles, entrance to Chinatown neighborhood

OWL Walk Return to Boston Common through Chinatown. Head southwest. Follow a whim. Stop for Cantonese crab, Taiwan dumplings or Chinese tapioca. See boston.eater.com for the "18 best eateries" (food photos on websites) such as:

1 EMPIRE GARDEN This striking space was a Vaudeville theater (but not a porn theater). Ceilings are wicked high. Delicious dim sum at good price. Try the pork bao and the chicken feet if adventurous. 690 Washington Street (617.482.8898)

2 HONG KONG EATERY Cantonese restaurant open since the 1980s. Try sautéed duck tongues in Maggi sauce or anything made with XO sauce, a spicy, Umami-rich fish sauce that originated in Hong Kong. 79 Harrison Avenue (617.423.0838)

3 PEACH FARM was a late-night favorite before the pandemic. Eat something different from its vast menu every night for a year before trying everything; first perhaps lobster with ginger and scallions. 4 Tyler Street (617.482.1116)

4 PHO PASTEUR A Vietnamese restaurant and Chinatown staple with some of the best pho in Boston since 1991. Noodles and beef or chicken in spicy beef stock (Colonial French influence of pot-au-feu, pot on the fire). 682 Washington Street (617.482.7467)

5 TAIWAN CAFÉ The Taiwan-style pan-fried dumplings are the thing, but don't shy away from sautéed pickled mustard greens with pork intestines, sautéed blood pudding, or Sichuan-style white fish in a pot of bubbling chili oil. 34 Oxford Street (617.426.8181)

IF YOU GO Perhaps better over a long weekend, but midweek is best to avoid crowds. If a roadtrip, driving strategies depend on your lodging, whether a motel on Interstate-93 (drive everywhere) or a boutique hotel in Back Bay (walk everywhere). Or a bed & breakfast in Jamaica Plain (Orange Line train to South Station).

6 SOUTH STREET DINER Another unique urban eating experience is this 24/7 diner near South Station, formerly the Blue Diner Built in 1947 by the Worcester Dining Company to serve factory

workers, it became Boston's after-hours scene when the clubs closed, the only place to eat. Also popular in the film industry, as *The Equalizer* with Denzel. One-block south of Beach Street at 178 Kneeland Street (617.350.0028)

If driving downtown, traffic and parking is intimidating and requires patience. First time I returned in several years, I needed to circle the North End's maze of one-way streets twice. Should have expected it at lunch-time on a sunny Monday in July. Patience.

Looking Up:

Sheltering on the Porch

By Bob Grindle

Shortly after we were married, my wife Linda and I moved to eastern Connecticut. She had grown up in Philadelphia and I in Indiana. We met through mutual friends while working in West Hartford, so it wasn't familiarity with or love of the area that brought us to eastern Connecticut. It was simple economics, really—we were almost broke—and an embryonic interest in getting back to the land after years of college, college debt and the expenses of city life fueled our search for an affordable place of our own. We found it, with the considerable help of Willimantic realtor Joseph Ferrigno, in a four room cottage with a carport and an attached sauna...all very much in need of serious help...on two acres in Chaplin.

We started a garden, got some chickens, added a couple of dogs and cats and began repairing and cleaning things while hiking and biking the neighborhood. That first winter, the winter of '73, with its historic December ice storm and frequent weather challenges certainly tested our homeowner's resolve. Sitting next to our second-hand wood stove, tea steeping atop, we would write letters, discuss the day-just-done or plan for the next, and often simply read by lantern-light during one of the frequent power outages that became a defining snapshot of our early married life. Most of us find very personal ways to shelter from the storms that life brings our way, and Linda and I spent incalculable hours turning that small cottage into just such a shelter. The front door became an entrance to our own very personal rabbit hole.

A couple of years later, we moved to Hampton, literally next door...the house right over the back stone wall which also happened to be the Chaplin-Hampton town line and up the hill...another fixer-upper. This larger house lacked the coziness of the Chaplin cottage so we added a front porch—a picture of a porch on the cover of an L. L. Bean catalog provided the inspiration and a summer-months' worth of labor was all it took to complete. It was not part of our original plan, but the porch very quickly became a sort of shelter as well, a ship's rail as it were on our cruise through life. In the comfortable space that the porch provided we would stand, or sit, or lean, and work at problem solving, planning, resolving disputes, and sometimes simple bird or nature watching...one early morning, over coffee we watched a pair of adult foxes play with their two young kits...and most recently storm watching as tropical storm Henri played atmospheric dodgeball with our Connecticut landscape.

The storms pass though, and problems get solved, plans get made, perhaps disputes are settled and as the skies clear and night falls once again, the grand reaches of the Cosmos dazzle into view and remind us that the

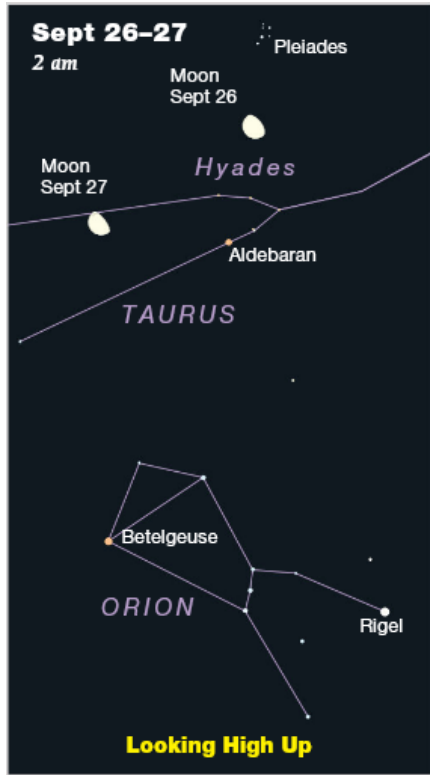
sky over our heads is very much a part of the nourishing placenta that binds us to Mother Earth. I sometimes consider the night sky a kind of joy ride for the imagination—ducking into this rabbit-hole of breathtaking complexity for a little one-on-one with something larger than myself. Perhaps our early human ancestors in distant millennia did not have to deal with the social and political complexities that modern civilizations have created, but I will never tire of feeling a sense of mythic connection knowing that, as



they sheltered around the campfire seeking security from the creatures of the night, they looked up at the same sky that each of us sees and perhaps felt the same silent awe at its incomprehensible immenseness. Their technology was no more complex than a few stone or flint tools and perhaps an ability to control fire, but their connection to the mothership—Earth—was as absolute as ours.

The patterns and movements in the night sky they wove into stories about the important events in their daily lives. It was how they made sense of things they did not understand and some of those stories go back as much as 100,000 years. There is new evidence that myths of the Pleiades cluster and of the three stars in Orion's belt can be traced back to African cultures before the great migration of Homo sapiens out of Africa. In this myth, three young fishermen (the three stars in Orion's belt) are in a fishing boat with Betelgeuse, the bow of the boat, and Rigel, the stern and they manage to catch a forbidden kingfish, the Pleiades. No matter the particular story, however, or the culture to which it was linked, it helped the story-teller and the story-listener to feel connected to the sky above and to make a bit of sense of what they saw. Some of these stories have outlived the civilizations that gave rise to them. It has been said that civilizations are the generations of the human soul, each culture passing its wisdom across the ages and across the seas. Perhaps it is stories that help to do the work.

Stay well, enjoy the Harvest Moon of September 20th and by all means spend as much time as possible looking up, helping improve the neighborhood and enjoying this once in a lifetime ride on Mother Earth.



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When “Letting Go” Is Not An Option

By Bill Powers

To let go is to release the images and emotions, the grudges and fears, the clings and disappointments of the past that bind our spirit. – Jack Kornfield

Several years ago, I was fortunate to attend a series of talks given by Jack Kornfield that included discussions about letting things go. He is an American teacher of mindfulness and meditation. Being present is a way to cope with the stresses of life and anxiety. For me, Letting Go is part of one’s spiritual journey. It can be helpful and healthy, but at times difficult to pursue. Letting Go is easier said than done! It takes practice to be more mindful and present. Some things in life can be difficult to let go of. This is a story involving disappointment and frustration that continues to haunt me because of reminders that occur almost daily.

It all began nine-years-ago, when I noticed that the school zone signs in near the elementary school in my neighborhood had been replaced with new ones. The Windham Center School is located on routes 14 and 203 and is a state highway. However, the 25 MPH speed limit signs that had been attached to the same posts had simply vanished. The CT DOT (Department of Transportation) had not replaced the signs because part of the deal with the feds was to achieve uniformity for school zone signage on our state’s highways. According to them, replacing the 25 MPH speed limit signs was not permissible because the speed limit in that area was 40 MPH.



The CT DOT said that they had notified the town in writing of their intention to provide new school signs well in advance, which town officials denied until I showed them a copy of the letter obtained from CT DOT. The posted speed limit was reduced by 15 MPH, in effect overnight, which to me as one interested in prevention of injury and death on our roads, seemed irresponsible and stunningly contrary to safety interests.

Curiously, to this day, the State of Connecticut Driver’s Manual advises drivers about the School Zone Warning Signs with the yellow and black symbols using these words: “Slow down – the speed limit is usually 25 MPH.”

At a school board meeting, when they were advised of the situation during public comments, members of the North Windham School community on state route 203 stated that the same thing had occurred at their school. The board quickly provided support in the form of a letter to the town to remedy the situation. Soon support also came from the Taxing District Board and the Windham Center Fire Chief.

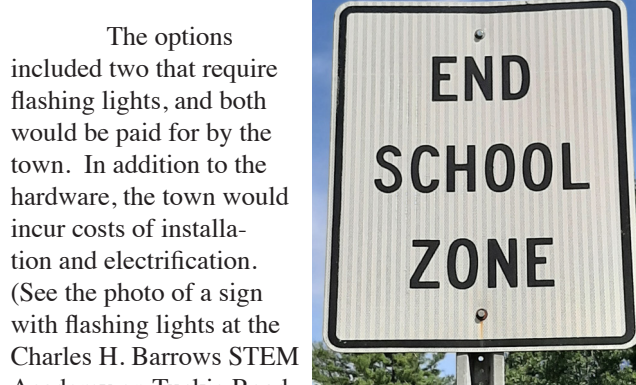
The town manager instructed the town engineer “to request that DOT replace the signs (25 MPH)” and “Let the DOT know Windham wants the signs replaced.” Six weeks later, after the school year had begun, the town council “decided that signage at all schools would be evaluated.

After six months, the school signage evaluation was reported back to the Public Safety Committee. The town engineer reported that “schools were signed appropriately. He recommended that the town council request the request the town manager to request the DOT perform a traffic study of routes 14 and 203 near the Windham Center and North Windham elementary schools.”

At a later Public Safety Committee meeting, its chairman reported that the DOT study was done and speed limits were found to be “appropriate”. In other words, a 40 MPH speed limit at the schools was okay. A copy of the study results was obtained from the State Traffic Administration. Through conversations with DOT traffic engineers, the study, it was learned, was a general speed limit study, which the town had requested, and not the appropriate school zone speed limit study. Also, the field visit by DOT had occurred just after the academic school year had finish for the summer. Traffic data had not been collected and instead data from an earlier traffic study from more than three years earlier was used. It should be mentioned that of course the 25 MPH Speed Limit signs were in place at the time of the earlier study. The DOT field visit was nothing more than a DOT official stopping by to simply eye ball the situation and NOT A STUDY AT ALL!

At still another Public Safety meeting, the information that the wrong type of study had been requested by the town was made known to them. The committee then recommended to the full Town Council that the correct study, a school zone speed limit study be completed.

In the meantime, speaking with officials of the Federal Highway Administration and CT DOT was productive since they told me that the town merely needed to choose from four options in connection to signage related to speed. A DOT engineer sent an email including details of the available options to the town engineer.



The options included two that require flashing lights, and both would be paid for by the town. In addition to the hardware, the town would incur costs of installation and electrification. (See the photo of a sign with flashing lights at the Charles H. Barrows STEM Academy on Tuckie Road in Windham) Unfortunately, the town did not choose a flashing lights option. Instead, it chose an option to erect a series of three signs that resulted in no reduction of the 40 MPH speed limit: 1) the yellow symbol with students walking including the word “AHEAD”; 2) “school zone ahead fines doubled”; and, 3) “end of school zone. (see photos)

For the sake of comparison, the town has erected a different sign at the Windham Middle School on Quarry Street in Willimantic. This sign combines the school zone message and the 25 MPH Speed Limit sign (see photo). Sad to say, it is not an option for state highways.



About nine miles east of Windham Center, also on route 14, is the Helen Baldwin Middle School where the flashing lights option was chosen by the people and the Town of Canterbury to help protect their children and other members of their school community. Christopher Lippke, Canterbury First Selectman, recently told me that when the complexities of gaining state approvals became apparent, he sought the assistance of the lieutenant governor and his state representative who helped to smooth the process. He also stated: “I have witnessed myself the effectiveness of the signs for slowing traffic.” Alas, the three sign combination used at Windham schools on state highways do not appear to slow traffic. Motor vehicle crashes still occur in school zones on state highways in Windham, including a fatality. This is why letting go is not an option!

Bill Powers lives in Windham and is a retired teacher, volunteer firefighter, EMT and EMS state instructor.

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Common Sense Car Car

By Rick Ostien



This month’s article will talk about what is involved in a typical repair on newer vehicles. The days of simple jobs taking 15 minutes or so to do are really over. A case in point is the truck in the picture that accompanies this article.

The car in the photo above is a 2016 Chevrolet Colorado. The front facial, front support, and air conditioning condenser had to be removed just to replace the radiator. It should also be noted that when you remove the air conditioning condenser you have to remove the R134A freon. The real reason for writing this article is to show how much more complicated a normal repair has become. The replacement of an alternator, starter, coolant thermostat, and even a battery has a much higher price tag due to the design of the vehicle being repaired. I mentioned R134A freon being removed on the 2016 Chevrolet Colorado, it should also be noted that if the vehicle had the newer Y1234 freon the repair price would have increased by at least \$200 because of the cost of the Y1234 freon.

We have found more and more people are repairing instead of replacing a vehicle. This works well for a repair facility, but the consumer has to be aware in many cases if a major repair is really in their best interest. Before any repair is done to your vehicle, the underneath of the vehicle should be inspected for rust. We have found many vehicles are just not worth fixing because of the amount of rust underneath. I have stopped giving estimates because in many cases I don’t know the condition underneath a vehicle I don’t regularly service. I will give an example: We had a person stop to get a brake estimate. The vehicle was not checked for brakes. The person was given a worst-case scenario estimate of over \$600. The person took their vehicle to another repair facility that did the brake repair for just over \$200. The person found it necessary to post that we were going to take advantage of them. I never did find out what was done, but you can count on the fact that the estimate and the brake work done was not the same as what we would have done.

I mentioned rust before. Rust plays a large part in doing a repair on an older vehicle. In the early days of vehicles metals were compatible. This meant that fasteners would remove easily from the part being repaired. The common find of frozen, rusted, or broken bolts play a large part of the price of today’s repair. The older the vehicle the longer the repair. The 2016 Chevrolet Colorado front facial had to be removed to do its repair. The removal of body parts is much harder due to rust, age, and damage. The simple repair of a flat tire can take much longer to repair if fix-a-flat is injected into the tire by the consumer. Cleaning of the wheel and tire and the mess and cleaning of the tire machine takes time and consequently the tire repair costs more. Billable time is a terrible thing to struggle with each day.

Until next month.....happy motoring.....Rick

Rick Ostien is the owner of Franc Motors in Willington.

Solar Today:

Questions and answers about solar in our community and beyond

By John Boiano



We will resume the monthly community zoom meetings in the fall. Please reach out to me directly, I would love to help you gain a deeper understanding of the benefits of solar.

I invite you to join a peaceful revolution while simply changing where and how you buy your electricity.

Last month I talked about solar making sense financially with examples of cost and savings laid out in a simple format.

This month I am sharing information that I've found on the different types of energy, renewable and traditional and environmental impact of solar vs traditional energy. I have included excerpts from both EnergySage and GreenMatters websites.

I hope you enjoy the information as much as I did!

From: GreenMatters website: How Do Different Types of Renewable Energy Affect the Environment?
By Andrew Krososky-

Since the discovery of fossil fuels, coal, oil, and natural gas, mankind has been headed for disaster, burning these non-renewable energy sources faster than we can pull it out of the ground. All that fuel is loading the atmosphere with more smog and greenhouse gasses than Planet Earth can take, and global warming is quickly taking its toll. If we don't take serious action quickly, the earth could be doomed in a matter of decades. Thankfully, renewable resources such as wind, solar, hydro, biomass, and geothermal power are almost within our grasp. They are the solution to our humanity's problem, but while we know a great deal about how they might impact our daily lives, we don't yet understand the entirety of their impact upon the already damaged environment.

What are renewable resources?

Renewable energy resources constantly regenerate, including anything from wind power, to solar power, geothermal power, and hydropower. Each have a far lower environmental impact than their predecessors, coal, nuclear power, and crude oil. The environmental impacts of these vary greatly on the type of power source, the geographic location, and several other important factors, but all of them are much more favorable to what is currently being used by much of the world.

What are non-renewable resources?

A non-renewable resource is exactly what it sounds like — it's a type of material that doesn't regenerate on its own. While resources such as trees eventually grow back, and new water sources can be found, certain essentials such as coal, oil, and certain metals don't naturally regenerate, and we're using them very quickly. Population growth has been out of control for centuries now, which is why Europeans first set out to discover the "New World" in the first place, and postindustrial age, society needs power more than anything else. Unfortunately, though, the fuel we rely on is a non-renewable resource, which is difficult to find, and incredibly unsustainable to

use.

From EnergySage website: Health & Environmental Benefits of Solar Energy-

The environmental benefit of solar energy

Solar energy creates clean, renewable power from the sun and benefits the environment. Alternatives to fossil fuels reduce carbon footprint at home and abroad, reducing greenhouse gases around the globe. Solar is known to have a favorable impact on the environment.

Most of the electricity generated in the U.S. comes from fossil fuels like coal and natural gas. Extracting and using fossil fuels is expensive and harmful to the environment. By contrast, solar energy is free and readily abundant — if we could capture all of the sun's energy shining on the Earth for just one hour, we could power the entire world for one year!

By investing in solar energy, you can help reduce our reliance on fossil fuels in favor of one of the most abundant, consistent sources of energy we have available: our sun.

Solar energy decreases greenhouse gas emissions. Generating electricity with solar power instead of fossil fuels can dramatically reduce greenhouse gas emissions, particularly carbon dioxide (CO2). Greenhouse gases, which are produced when fossil fuels are burned, lead to rising global temperatures and climate change. Climate change already contributes to serious environmental and public health issues in the Northeast, including extreme weather events, rising sea levels, and ecosystem changes. By going solar, you can reduce demand for fossil fuels, limit greenhouse gas emissions, and shrink your carbon footprint. One home installing a solar energy system can have a measurable effect on the environment. According to the U.S. Energy Information Administration, the average home with solar panels in Connecticut uses 8,288 kilowatt-hours (kWh) of electricity per year. Switching from fossil fuels to solar power in the state has the same emissions reduction effect as planting around 150 trees every year.

In New York, the average home uses 7,248 kWh of electricity annually. Choosing a clean source of electricity like solar panels can eliminate the same amount of carbon emissions that would result from burning over 5,000 pounds of coal each year.

Solar energy reduces respiratory and cardio health issues

One of the biggest benefits of solar energy is that it results in very few air pollutants. An analysis by the National Renewable Energy Laboratory (NREL) found that widespread solar adoption would significantly reduce nitrous oxides, sulfur dioxide, and particulate matter emissions, all of which can cause health problems. NREL found that, among other health benefits, solar power results in fewer cases of chronic bronchitis, respiratory and cardiovascular problems, and lost workdays related to health issues.

The benefits of solar energy are clear. Not only can you save money on your electric bills — you can also reduce your carbon footprint and improve the health of those around you.

Book Review:

The Rosie Project

By Graeme Simsion

By Michelle M. Baughman

This is a wonderfully entertaining and a very realistic portrayal of how a person with Aspergers thinks, and the type of miscommunications that can arise out of the autistic perspective (when it is mismatched with the normative neurotypical culture).

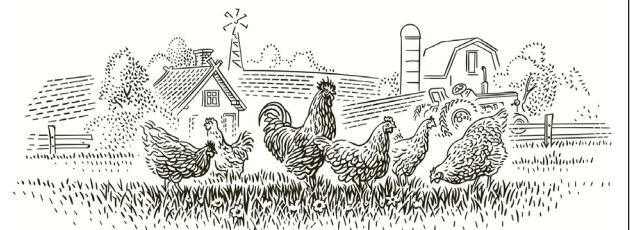
The relationship dynamic between the main character, Don Tillman, who has Aspergers, and his narcissistic womanizing best friend Gene, who takes advantage of Don's research for his own selfish gain, is also very realistic, as we Aspies are often taken advantage of and taken-in by narcissists. This was a subtle background plot, and because the story is told from the Aspie character's naive perspective it isn't overt, but the reader gets an idea of what Gene is doing with Don's surveys in the details and descriptions of events.

I love the uplifting and positive outcome (that Rosie prefers Don the way he was, without having to change in order to attract her).

I think this book is important for both Aspie and allistic readers, alike, and it is a fine piece of autism advocacy.

Michelle M. Baughman is a late-in-life diagnosed adult on the autism spectrum, an educator, a parent of a twice-exceptional child, and a trauma-informed AANE Certified AsperCoach who provides intensive, highly individualized coaching to individuals with Asperger Syndrome (AS) and related conditions.

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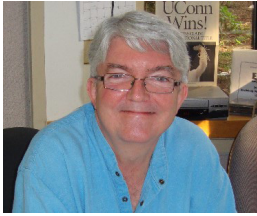


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Community Media and Regional Arts

By John Murphy

Hey everyone, my best to you as our summer ends and thanks for reading *Neighbors!* Being a very tropical Irishman I always miss the heat when it leaves us, but the glorious colors of fall soften the blow and remind me of the eternal cycles we should always align to in our everyday lives, alone and together.



I want to share updates on my media and arts activity. I have good, bad, and ugly news:

1. The good news is local—our media ecosystem in eastern Connecticut is alive and well and growing.

A new form of community service is launching that will establish a unique collaboration between commercial and noncommercial radio stations, our regional cable TV public access channel, and our regional print newspaper. After many years of local testing and development in many studio settings, and overcoming occasional setbacks, this media creation may look familiar. Just raise your eyes to the top of my column each month and soon you will see that honeycomb/beehive media image coming to life!

This new media team is breaking traditional industry paradigms and linking individual channels with YouTube and Facebook to connect with people and share the same programs and stories across ALL local distribution platforms. It's designed as a local adaptation of the same *media hub* model that communication corporations have used for years, but now we have one of those in our hands that is under local control, free of constraints and is based on local creativity and direct service to our community. The stories are endless once the proper conditions are created, and over time with dedication and focus this process will become regenerative and increasingly sustainable based on its function and local value. At least that is my vision, dream, and hope.

2. The bad news is that nationally the core relationship between our media, our political system, and our people is sick and polluted and increasingly dysfunctional.

It has been for some time, and it needs our help now at every level from the local backyards and alleyways to the halls of Congress. Every one of us is paying for what media does and its many impacts. We need a fresh perspective to reframe what we are fighting about.

And if all politics is truly local, then perhaps that is the quiet place (we always take for granted) that happens to be exactly where new solutions can be generated. Not top down but bottom up. One of my favorite Zen sayings is that "you cannot make the grass grow faster by pulling at the shoots." Conscious patience can be a virtue.

The media industry we love to love and love to hate is very much a part of our *many* problems today. Most of us agree on that, but there are strikingly different reasons. The challenge is that in the world we have given ourselves this media space has become the only place where real sustainable long-term solutions to pressing problems will be found. Like it or not, we are stuck with what created until we change it for the better.

How do you share information and solutions so clearly and widely that no master manipulator could ever abuse it without being completely exposed? We have atomized the public sphere and made it dangerous. The safe space we need to freely discuss and debate how we control and manage our social relationships and business needs must be cleaned up. I say let's start right here, at the grass roots, where we can wrap our heads and hands around our smaller scale of crisis and recovery.

I have a recent and painful example of this media madness and it is local, national, and global. Heads up—this part of the column is going to get some of you mad at me, but I must take the risk. I mention this not to interrupt myself but rather to show some level of respect and concern for the people and ideas I am about to drop in the wastebasket. Politely.

Many good and well-intentioned people are truly screwing up our vaccine situation and compromising our collective recovery from the Pandemic. Very sad! Unnecessary! While some are requesting exemptions for legitimate medical reasons, too many of us are refusing for partisan reasons that have *nothing* to do with science or health. The primary reason for this incredible level of denial and ob-

struction is false information and media complicity with wide efforts to manipulate public opinion and fears for private/corporate/political gain.

Whatever your political status is I ask you to completely ignore it as our society and world is seriously struggling to manage a crisis that will not go away because we personalize it as "an enemy"—it is a biological entity with a terminator mission to kill and replicate. That is all. This is beyond nations and unless we think and act more collectively and globally this virus will continue to beat us with our own stupidity.

And the religious exemption claims are an inappropriate and dangerous calculation to me because *no one faith can trump any other* and claim it deserves special treatment because of the way its followers honor our Creator. It matters not how you practice your faith; it gives you no privileges over others and it is not inherently better than another way, or for that matter the path of so-called nonbelief. I am not talking about sloppy or lazy thinking; I am remembering history. If church and state are to remain separate in this country, as the Founders intended, then the dogmatism and theatrics of fear must not be allowed to destroy the discussion and debate. For these issues of biological survival, church-related belief must be balanced with responsibility to the larger national need for safety and security in a globally insecure world crisis that remains critical.

3. The ugly news is what has recently happened to the core relationship between UConn and the people of the Town of Mansfield.

With any major university as old and large as UConn is, there are *always* expected cycles of joy and despair, or agreement and anger, regarding the level and pace of institutional growth and expansion and its impact on the local community. Right now, these relations are in a spin cycle with no off switch. A serious legal challenge is underway that is testing the limits of authority and control on both ends.

If you have been following recent news, the university took significant action this summer regarding proposed new housing developments that have impeded and compromised efforts by town government to manage and protect the financial interests of the people who live there.

The foundation for this recent dilemma is the UConn 2000 state initiative that gave UConn not only a historic level of funding from state taxpayers but also a historic level of freedom and autonomy on how that funding is spent and accounted for. Over the past 20 years that power has been tested and debated at various times over various issues in town. The legal actions taken by the university this summer have produced very strong and vocal opposition from Mayor Toni Moran and Town Council. Local State Representative Gregg Haddad is equally disturbed and is planning to introduce legislation later this year that will review and perhaps modify the level of autonomy and accountability that UConn has for its actions. We will see where this goes together.

As readers of *Neighbors* will note, I provided extensive coverage of the Agbotic smart farm proposal for Browns Road this summer, featuring interviews with Mayor Moran and John Prete from Agbotic, as well as concerned residents. I broadcast the public hearings about the proposal for those who could not attend and to share the story with other towns about how a town in our region is struggling to grow its economic base without compromising its community values and quality of life.

I will continue to cover local issues as always, with the time and resources I have, and the pending legal challenge between UConn and the town it calls home will be fully explored as a local and state issue.



Expanded arts coverage for eastern Connecticut—on radio and TV and YouTube

Eastern Connecticut Arts Review—Wednesdays at 5:30 PM

The Pan American Express—Wednesdays 12—3 PM
Eastern Connecticut Arts Review airs every Wednesday from 5:30—6:00 pm on WILI, following another arts-related program, *Connecticut East...This Week*, which airs at 5:05 after the news. Together, the two shows give WILI a solid hour for the arts news every Wednesday!

This series focuses on how everyone is making it through the Pandemic and planning for recovery and restoration. Current events, arts-related news, and information about resources, training and grant opportunities, and events will be featured. Please consider joining me in the studio—email is john@humanartsmedia.com. Send flyers and notices to keep me current with news to share each week.

To provide extra exposure for guests and their good work, the WILI programs are also aired on my WECS radio program, *The Pan American Express*, on Wednesdays 12-3 pm. Programs are broadcast live, and video recorded for Spectrum Public Access Channel 192. Soon we will post them on a new YouTube channel.

I was happy and honored to share the studio with the following guests during recent weeks:

Kira Holmes and Bev York, Windham Textile & History Museum
 Karen Warinsky, Roseland Cottage
 Elizabeth Shapriro, Connecticut Office of the Arts and State Historic Preservation Office/DECD
 Chris McNaboe, Marissa Copley, Dede Delaney, Willimantic Public Art
 Sarah Oschmann, Windham Theater Guild
 Pam Roberts, Storrs Congregational Church
 Deb Mathieson, Cultural Coalition Serving south-east and northeast Connecticut

Time flies when you are having fun folks and I have run out of space for this issue. My best wishes for an excellent autumn with a great Indian Summer, and I look forward to staying in touch with you here and on the radio on WILI and WECS! Please feel free to reach out to join me in the studio or on the phone to share news and your great stories.

And drum roll please:

I must close with Big Love and a huge shout out to David Foster and Bruce John and the musicians and volunteers... and everyone who was involved in any way with the wonderful 50th anniversary of the beloved Shaboo Inn on August 28! It was a magical day in Willimantic at the Shaboo Stage in Jillson Square. I was so happy to be there and bask in the fresh air and music from 50 years ago that is still alive and rolling those stones in 2021. So glad I attended Shaboo University when it was open—thank you and blessings!

As always, keep the faith!

Annual Chicken BBQ

Saturday September 11, 5-7 pm
Hampton Congregational Church,
263 Main St, Hampton
Meal includes: homemade potato salad,
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Coventry Arts Guild Open House

Submitted by Ruth O'Neil

The Coventry Arts Guild announces that it will cautiously resume community programs in September. The first public event is to be an Open House Day on September 12 at Mill Brook Place in Coventry Village from 1-4 pm. The Village itself will be the featured theme of this day of celebration to include Art, Music, and various demonstrations by guild members. Membership will be offered to interested artists and arts supporters to join the Guild and celebrate this next chapter in the cultural life of the community.

Other events being planned include a Members Art Exhibition in the fall, and member participation in the Artists Open Studio tour after Thanksgiving (each also at Mill Brook Place). Mill Brook Place is located at 1267 Main Street in Coventry Village.

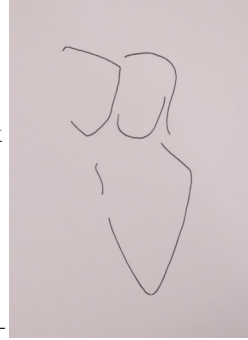
The Guild will follow current state guidelines in effect regarding public gatherings.

Follow the Guild Facebook page and website for more information on the Guild, announcements and details, directing any questions to the following email address : Coventry Arts Guild, PO Box 234, Coventry CT 06238 info@coventryartsguild.org <https://www.facebook.com/coventryartsguildcoventryartsguild.org>

John O'Brien at Top Shelf Gallery

Submitted by Janice Trecker

The September- October show at the Top Shelf Gallery features highly stylized pen and ink drawings by John O'Brien. Originally from Ireland, O'Brien began painting in 1998 and is self-taught. His drawings show people and animals in the fewest possible lines, a reflection, O'Brien said of his background in science and engineering.



Another influence on O'Brien's art has been his extensive travel in Europe and Asia, as well as in the United States. Along the way he garnered a wide range of work experiences, including stints as an aircraft mechanic and a ranch hand in Australia.

"Simplicity in itself is an art form," said O'Brien, explaining that his ink drawings "endeavor to capture that most complex of subjects, human relationship."

The show opens September 1 with an artist's reception September 8 from 4:45 - 6 p.m. Artist's demonstration at 5 p.m.

The Top Shelf Gallery is at Fletcher Memorial Library, 257 Main Street, Hampton. Info 860-455-1086.

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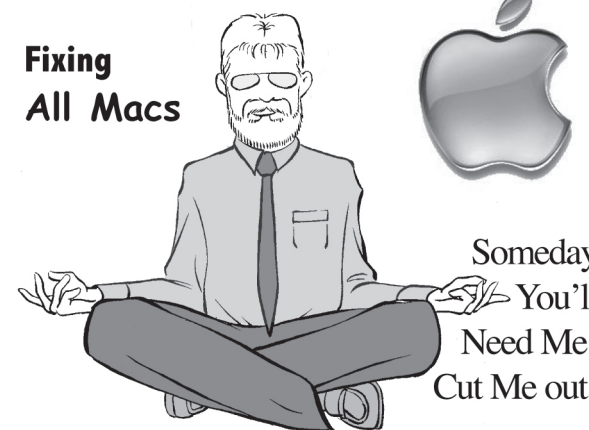


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Dear Reader-

Please consider contributing to Neighbors- Write an article about a person you admire or a local program you believe is important. Take a photo of a friend, loved one or pet. Write a poem or a piece of flash fiction. These pages would be full of press releases without submissions from local residents who care about each other and their community.

T. King, Publisher



Eastern Connecticut Center for
History, Art, and Performance, Inc.

Performing Arts



THE PACKING HOUSE

1870

HISTORIC VENUE FOR PERFORMANCE & EVENTS

The Packing House Reopens September 18, 2021!

By EC-CHAP

September

*"All the months are crude experiments,
out of which the perfect September is made."*

- Virginia Woolf

Since the last issue of the *Neighbors* Paper - in just 31 August days - we have seen, heard, and felt a rollercoaster of emotion. These sobering times bring day-to-day change as we have not experienced in years. News sources report hurricanes, fires, and flooding; vaccine rates, boosters, and rise in COVID cases; evacuations, casualties, and air strikes.

We are not here to reinforce a numbing feeling, but to be true to our mission and to engage the senses, ignite the creative spirit, and preserve local history. We plan to reopen The Packing House once again on September 18, 2021 with performances by local singer/songwriter Curtis Brand, and featuring regional Acoustic Duo, "Twice Around"! We will reopen responsibly - with reduced capacity, a mask requirement, and appropriate safeguards to protect our patrons, performers, and volunteers. We hope you will join us in celebrating a new season at this regional performance venue.

Concurrent with our reopening, we have also planned a closing reception of current exhibit, The Mill Works Artist Community, in the Dye & Bleach House Community Gallery at 6:00pm, Saturday, September 18th. If you plan to attend our performance on September 18th, please come early to participate in our reception, meet the makers of this exhibit before the show.

With the recent dynamic conditions, we strongly suggest checking our website for performance updates and cancellations www.thepackinghouse.us/upcoming. Any advance tickets purchased online for programs that are cancelled will be refunded in full.

We will continue to stream our Virtual Talent Showcase on the 2nd Wednesday of the month at 7:00pm through September. We plan to resume our LIVE monthly Talent Showcase on Wednesday, October 13th! Please consider participating by sharing your talent, or just join us to see and hear local and regional creatives sharing their talent (see details below). Our next Virtual Talent Showcase is scheduled to stream at 7:00pm, Wednesday, September 8th (all files must be received by Wednesday, September 1st).

EC-CHAP continues to seek new volunteers! We need folks that may possess video production, photographic, and social media experience; as well as those that would just like to lend a helping hand. If you are interested in learning how you may be able to assist, please contact our Volunteer Coordinator, Julie Engelke, at: volunteer@ec-chap.org

We leave you with the following:

*"You've gotta dance like there's nobody watching,
Love like you'll never be hurt,
Sing like there's nobody listening,
And live like it's heaven on earth."*

- William W. Purkey

Peace,
EC-CHAP Board

SEPTEMBER 2021: EC-CHAP ACOUSTIC ARTIST SERIES

"Twice Around" with Curtis Brand (Folk/Indie). Saturday, September 18th, 7:30pm.

EC-CHAP is pleased and excited to reopen The Packing House with Twice Around, an acoustic duo from Milford, CT. These folks graced our stage in 2018 and are back to start our new season. They will be joined by local singer songwriter Curtis Brand, famous for his "Older Than Dirt" CD, who will kick off the evening.

TWICE AROUND is an acoustic duo equipped with a couple of guitars, their voices and a grand love of music. Their self-crafted songs tell stories of the heart (sometimes broken, sometimes full) and walking your own path. Longtime friends Frank Veres and Luisa Tanno have been making music together since 1996. They started in a 10-piece Funk band, then in a harmonious trio that eventually became a duo. Much of their music-making has been in Frank's basement recording studio where they tinker and play to their heart's content revealing their efforts onstage and in three full length CDs of original music.

They may be considered a modern, yet semi-throwback duo with a sound that could be classified as singer/songwriter with an essence of Pop and Melancholy. The foundation of their music is acoustic guitar and vocals; often with harmonies and guitar interplay, sometimes just one guitar and one voice, raw and rich. Their latest CD "Here Before" features 12 original songs that explore the ups and downs of all matters of the heart with an optimistic perspective. We've all been "Here Before". They play original music along with a selection of familiar and unexpected covers.



Like all of us, they've missed the singular connection that happens when sharing the experience of live music, especially in true listening spaces such as The Packing House. An evening with them includes original music, stories in between songs and a real affection for their audience. You can get a preview of their music by visiting the listening page of their website: <https://twice-around.net/listen-buy>.

CURTIS BRAND traces his musical roots back to the Weavers and Josh White, with more contemporary influences from Harry Chapin, Jim Croce, Kris Kristofferson and Willy Nelson. Curtis freely admits that the core of his music is the words. Curtis would say, "The words have a rhythm of their own", and the creative task he undertakes is to tell a story in which the rhythm of the words and the rhythm of the music match. When you hear Curtis for the first time, you won't recognize most of the songs. While he will occasionally do a cover of a song by Woody Guthrie or Willie Nelson, most of his performance songs are his own creations which explore the joys, challenges, and side effects of life. Curtis views his music as an extension of his life's work, helping people he meets by sharing the stories of real people and their time on the planet. "I think that's what Woody was doing," he says, "and that's a pretty good example to follow."



Tickets: \$20.00 online / \$25.00 at the door.

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"Ramblin' Dan Stevens" (Blues). Saturday, September 25th, 7:30pm.

At the young age of sixteen, DAN STEVEN'S romantic streak was ignited by his first guitar teacher in small town central Pennsylvania who told him stories about the lives of traveling blues musicians like Mississippi John Hurt and Fred McDowell. After being inspired by Woody Guthrie's book, "Bound for Glory", the magnetic lure of the road captured his imagination and with a driving passion he hitchhiked and hopped freight trains, guitar in hand across the United States five times, eventually covering over 100,000 miles.

As a full time professional musician since 1991, Dan continues to tour incessantly along the East Coast, U.S. Virgin Islands, U.K., Germany and Canada. He has appeared with such artists as Johnny Winter, James Cotton, Charlie Musselwhite, Arlo Guthrie, Richie Havens, Charlie Daniels, Livingston Taylor, Ronnie Earl, and others. An irrepressible guitar collector, Dan surrounds himself with vintage and custom instruments acquired in his many travels. Usually packing three guitars, any given performance may find him choosing to play a Gibson J-200, 1950's Sears Silvertone, a 1931 National Steel, a retro lime green Resophonic, and more.

Termed "Connecticut's hardest working bluesman" by the New York Times in 2002, he plays over 200 engagements a year, including concerts, clubs, festivals, coffeehouses, community and private events and educational programs. He lives on the shoreline in Old Lyme, Connecticut with his wife Gail and daughter, Haley.

Tickets: \$20.00 online / \$25.00 at the door.

Tickets, Reservations, CANCELLATIONS, and Contact

Tickets for all shows and program registrations for the Fall are available for purchase online at www.thepackinghouse.us/upcoming; or may be purchased at the door the day of the event. Unless otherwise specified, doors open 30-minutes prior to show time.

Unless specified otherwise, all performances will feature EC-CHAP's Exclusive Bring Your Own Beverage & Food "BYOB&F"™ model - wine & beer ONLY (Not applicable to Meetings, School Programs, and First Sunday events). Snacks and soft drinks will also be available. You can also bring your paid ticket to Willington Pizza House (or WP Too) for eat-in or take-out the night of the show and receive 15% off your meal purchase.

If you're feeling sassy, SPECIFICALLY ask for "The Packing House" pizza! You won't go wrong. Visit www.thepackinghouse.us for the secret recipe.

Program cancellations will be listed on the EC-CHAP website (www.ec-chap.org), and The Packing House website (www.thepackinghouse.us). If you're unsure, just call (518-791-9474).

The Packing House is located at The Mill Works, 156 River Road, Willington, CT 06279. Parking is free and located across the street with limited onsite parking. For questions, program or rental information, please call 518-791-9474. Email EC-CHAP (info@ec-chap.org).

To all our contributors-
Thank You!

Without your submissions of writing,
poetry, artwork and photographs, this
paper would not exist. T. King, Publisher

Studio:116 Presents Reconnecting Heart Strings - Curated By EC-CHAP's Newest Artist in Residence

By Cate Solari

Reconnecting Heart Strings presents a selection of prints, photographs, video installation, sculptures, and ceramic work by artists of Studio:116. Influenced by their environments and personal narrative, the artists of Studio:116 explore themes of nostalgia, the monochrome, the body, and time. In response to new normals brought on by the COVID-19 pandemic, Reconnecting Heart Strings seeks to demystify a major adverse consequence of the COVID-19 pandemic, increased social isolation and loneliness.

Studio:116 works with traditional media and techniques, an experience to behold that contrasts starkly with the digital diaspora. Physically separated, yet ever connected through digital platforms, the works offer a yearning for times past, a break from the screen, physically and metaphorically.

The artists do not strive to monumentalize their experiences, but rather, make them accessible through the context of the practice of abstraction. The scale of the works presented in this exhibition mimic the intimacy of the subject matter addressed by the artists. In piecing together their memories, from the idealized to the monotonous, and constructed imagery of loneliness, the artists of Studio:116 evocatively problematize the impacts of social distancing.

Myself, Cate Solari, am a founding member of Studio:116, an artist collective started in 2017 with my fellow UConn School of Fine Art colleagues. As an informal group, we keep in touch through our art practices and offer each other critique and new perspectives on work happening in the studio. Our current members include: Stephanie Sileo (Print-media), Joshua Allen-Silvia (Sculpture/Ceramics - in photo above), Laurel Pehmoeller (Video), Cody Oliver (Photography), and myself (Sculpture/Ceramics).

Reconnecting Heart Strings will be my curatorial debut at the Dye and Bleach House Community Gallery. I am EC-CHAP's newest artist in residence and will be spending the next year here working on my practice and serving as the Gallery Director of the Dye and Bleach House Community Gallery.

I am a sculptor and adjunct professor of art currently based in Eastern Connecticut. I have exhibited widely in venues that include: MAC650 in Middletown, Art Space in Windham, the Barnes and Franklin Gallery in Farmington, the Sullivan Center in Chicago and Comfort



Station in Chicago. I have received numerous grants and awards, including Excellence in Teaching from the University of Connecticut (UConn) Office of the Provost, the Napier Foundations Scholarship, the UConn IDEA Grant, and UConn SHARE Grant.

I received my BFA in Sculpture and Ceramics from the University of Connecticut in 2017 and went on to earn my MFA in Sculpture at the School of the Art Institute of Chicago (SAIC) in 2020. At UConn, I was

the founding president of the Association of Ceramic Artists, a University of Connecticut Registered Student Organization, and spent a year studying abroad at the International Studies Institute in Florence. At SAIC, I worked for the Graduate Admissions office as a graduate ambassador and became increasingly committed to teaching through assistantships in sculpture, print media, and social practice art.

I have extensive community building, teaching and leadership experience as the founding president of the Association of Ceramic Artists (Clay Club), a UConn Registered Student Organization that is still active on campus, and as an Aquatics Director at Old Lyme Country Club, where I have been responsible for establishing multi-age programming. In addition, I currently teach and provide curricular and technical support as an adjunct faculty member in the Sculpture/Ceramics Area in the School of Fine Arts Art and Art History Department at the University of Connecticut. This past summer, I was a faculty member at the Visual and Performing Arts STEAM Academy funded by an Accelerate CT Summer Grant serving children grades 2-9 from Farmington, New Britain, and Plainville public schools.

Ultimately, as a recent MFA graduate and emerging teaching artist, I am excited to be a part of the community at EC-CHAP. Keep an eye out for more art from myself and the Dye and Bleach House Community Gallery.

Reconnecting Heart Strings will open on October 1, 2021 with an opening reception to be held the same day at 4pm. The show will be up until November 6, 2021.

Cate Solari is an Artist-In-Residence (visual arts discipline) at EC-CHAP; Director of the Dye & Bleach House Community Gallery; and Adjunct Professor, School of Fine Art, at the University of Connecticut. Cate can be reached at: communitygallery@ec-chap.org



A Curious Case: Musical Repetition

By Calendula

Keren Ann, a singer, songwriter, and musician is quoted in an interview saying, "I believe the beauty of repetition is something that is not explored enough yet." Many other artists, dancers, and writers have held similar opinions on the topic of repetition, yet others feel the opposite. Peter Cushing, a British actor, once said, "I hate repetition, I really do. It's like asking a painter to paint the same picture every day of his life." However, why is it that you can listen to a song 100 times or more and still want to hear it again? Why and how do songs get stuck in your head? How does repetition in music and language compare? These are just some of the musicological questions associated with repetition in music. Cognitive Musicologist and writer, Elizabeth Margulis, wrote a book on this very subject, titled, *On Repeat: How Music Plays the Mind*. I read this book while studying, and it was one of my favorites. The book delves into a variety of case studies with the purpose of shedding some light on the inner workings of the mind when exposed to musical and linguistic repetition. Margulis combines empirical evidence from a variety of fields, along with some personal observations and propositions to express the intriguing connections between repetition and music.

The book has a number of these running through it, but one of Margulis' main positions is, "Repetition is not an arbitrary characteristic that has arisen in a particular style of music; rather, it is a fundamental characteristic of what we experience as music." Margulis argues that repetition in music is not just common, but universal and cross-cultural. When you think of musical form – how pieces of music are structured – it's quite a clear observation. For example, pop songs from various places around the world tend to be structured with a number of verses broken up by repeating chorus sections; classical symphony orchestra music has repetitive musical themes that occur throughout a piece, sometimes mirrored by different instruments. Indonesian Gamelan music is built on repetitive cyclical patterns. Jazz tunes generally have a 'head' that is usually played at the beginning and end of a piece. The examples are as endless as they are widespread. The universality of repetition in music from around the world might be one of the most curious thing about it, but it is also not the only curious thing!

There are a number of cognitive

curiosities related to the contrast of repetition and music and its interplay with language. I'll just address a few here: the speech-to-song illusion, semantic satiation, and infant-directed speech. These phenomena are all grounded in language, and are interesting examples of ways in which language perception changes with repetition.

The speech-to-song illusion was officially discovered by psychologist Diana Deutche in 1995, when she was recording an audio-book, and listening back to the audio repetitively in order to make some adjustments. She was listening to the phrase "sometimes behave so strangely" on a loop, and noticed that after a number of repetitions, the phrase sounded as though she had sung it rather than spoken it. The speech 'transformed'

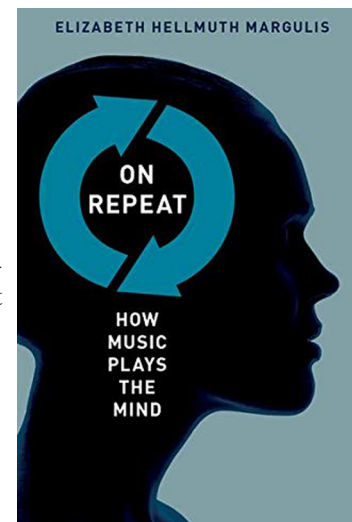
into song! A lot of studies have been done since then, replicating this finding for certain particular pieces of speech.

Semantic satiation occurs when you repeat a word over, and over, and over again and it temporarily loses its meaning. Interestingly enough, this is phenomenon is much harder to replicate when the words are sung.

Infant-directed speech refers to a tone often used when speaking to an infant. This speech has a lot of varying pitch and rhythm, and tends to also be repetitive. A number of studies have been done on this, supporting the claim that this type of speech captures the attention of an infant for a much longer period of time as opposed to normally spoken, neutral speech. This might suggest that babies recognize pitch (how high/low a note sounds) better than speech – or at least perhaps they are more interested in it.

By comparing music and language, we can better understand the intricacies of how our brains perceive each domain. This allows us to learn more about what makes music, music, and what makes language, language, while also acknowledging the connection between the two subjects. Repetition happens to be an element in both that causes a variety of cognitive curiosities to crop up. The next time you just can't get that repetitive pop song out of your head, it might just make you wonder.

Abigail Golec is an Artist-In-Residence (music discipline) at EC-CHAP, advancing her singer-songwriter project under the musical moniker Calendula. Abigail can be reached at: AIR-Music@ec-chap.org



Seeking New Board Members

The Eastern Connecticut Center for History, Art, and Performance (EC-CHAP) is a 501.c.3 nonprofit cultural organization serving Eastern Connecticut and beyond.

EC-CHAP is positioning its Board of Directors to ensure we have the capacity to oversee a **major facility project**, and respond to a **changing environment**. We embrace diversity, and invite individuals with a broad range of creative and analytical skills to apply.

Please visit www.ec-chap.org/board2021 to learn more and to apply online. Questions may be addressed by email to: info@ec-chap.org; or by calling: 518.791.9474.

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Seeking Museum Curator

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EC-CHAP is seeking a Curator / Director to oversee the **Gardiner Hall Jr History Museum**. Working with a small team of volunteers, this individual will assist in expanding the collection of artifacts; develop meaningful and relevant historical programming; and support EC-CHAP's **Framework for Raising Historical Awareness**.


To learn more please email: info@ec-chap.org or call: **518.791.9474**.

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The Elements of Writing-

Subplots

By Felix F. Giordano

We all know what a plot or “main” plot is. It’s the driving force behind the novel, novella, short story, or film. It’s what captures our interest and allows that interest to build as the story progresses. It’s what compels our protagonist and/or antagonist to make decisions, good or bad, in order to accomplish a goal or even fail in attempting to reach that goal.

So what is a subplot? At first glance, the word “subplot” leads us to believe that it’s minor or inconsequential and may have nothing at all to do with the main plot of the story. Perhaps we may even believe that it’s something unimportant that the author inserted into the story just to keep the reader turning the pages. But it’s never that. A good subplot can begin as something completely different from the main plot but by story’s end, come full circle with the main plot. A subplot can reveal more information about secondary characters or allow a character to reveal information about other characters that otherwise would not be apparent.

Think of the police handling an investigation as the main plot. A subplot in that story could be a private investigator conducting their own investigation and discovering information that the police overlooked. Subplots can create plot twists and make stories more complex so that the reader really has to think about what he or she is reading.

In fiction writing, a subplot is a separate story that runs parallel to the main plot. It may include the same or different characters and events and can either serve to impart clues or important information that enhances the main plot. A good subplot, through an interwoven structure, can surprise the reader with a “Wow” moment when the reader realizes how dependent both the main plot and subplot was to each other.

Consider Jules Verne’s novel *Journey to the Center of the Earth*. In the 1959 film version, the plot is for the Lidenbrock Expedition to travel to the center of the Earth. But along the way mysterious things begin to happen. The reader doesn’t know whether certain members of the expedition are incompetent or if it’s just bad luck. Then later on in the film we learn that an unscrupulous person is attempting to thwart the success of the expedition and steal the glory for himself. That is the subplot.

A good main plot and subplot (or subplots) are integrated into the whole of the story. They can involve different characters as long as the main plot, subplots, and characters have some bond or relationship to the story that the author is trying to convey.

A good example of the relationship a main plot and subplot have to a story is in J. R. R. Tolkien’s novel, *Lord of the Rings*. The obvious main plot in the story is the return of the “One Ring” to the fires of Mount Doom. However, there are numerous subplots in that story. One subplot is Gollum’s desire to take the ring from Frodo whom he believes has stolen what was rightfully his. Another subplot is Aragorn’s love for Arwen, an elvish princess. Tolkien weaves these subplots into the main plot of the story by having Gollum snatch the ring from Frodo and fall into the fires of Mount Doom and have Aragorn crowned king and wed Arwen.

A few subplots will have their own story arc. A subplot involving a romantic relationship between two characters will have as a story arc the success or demise of their relationship. Subplots add complexity and depth to the story making the story more interesting to the reader.

Subplots can build the conflict between the protagonist and antagonist. They can create impediments to the story arc that are challenges to the protagonist or the antagonist. Subplots can utilize different characters so that we see the main characters in a different light. We may believe that Johnny is a Good Samaritan when in the story’s main plot we read of him pulling a woman to safety from a car accident. The woman is so grateful that she stays in touch with Johnny and they eventually start a relationship. But then in the subplot we read about a friend of Johnny who struggles with his guilt in having helped Johnny murder the woman’s husband, then stage the accident, and position the dead husband in the driver’s seat.

There are different types of subplots.

One is called a mirror subplot. It consists of a lesser conflict that mirrors the conflict that the main character has to deal with in order to teach a valuable lesson. Anyone who’s watched the HBO series *Curb Your Enthusiasm* is well aware of Larry David’s comeuppances at the end of the show. These are very effective uses of mirror subplots. Something in the main plot sets off Larry David in the beginning of the show. He has a fender bender, blames the other driver, screams at her and bullies her to tears. Then throughout the show, certain things happen in the subplot such as he is tasked to convince a new resident to join their golf club. All goes well until Larry’s invited to the man’s home and finds out that the man is the husband of the driver with whom he had the fender bender. In this way, the subplot becomes relevant to the main plot and there are consequences for Larry’s actions.

Another type is called a contrasting subplot. Consider the book, *The Revenant: A Novel of Revenge* by Michael Punke. In it, Hugh Glass and John Fitzgerald both face the same dilemma, the survival of their trapping party in a hostile wilderness. Yet Glass tries to save people on his way back to civilization (main plot) while Fitzgerald only tries to save himself at the expense of others (subplot). The main plot and subplot clash at the end of the novel with a striking and climatic outcome.

The last type is a complicating subplot. This is when a minor character causes conflict for the main character. Take for example the film *Bonnie & Clyde*. In it, Ivan Moss, a minor character whose son C. W. Moss is a member of the Barrow Gang, is instrumental in helping law enforcement track down Bonnie & Clyde. Moss’s information to the authorities leads to the fatal ambush of Bonnie & Clyde.

The main plot in my first novel, *Montana Harvest* centers on a series of missing persons in the western United States. Sheriff Jim Buchanan of fictional Cedar County Montana is tasked to find the person or persons responsible for the crimes.

That is the plot of the novel: find the suspect and solve the crimes.

But there are a few subplots in *Montana Harvest*. One is the relationship between Sheriff Jim Buchanan and his daughter, Alma Rose Two Elk who has been told since she was a child that Jim is her uncle. Another subplot is that Alma Rose believes Sarah Whispers Two Elk is her birth mother. However, Sarah Whispers is really Jim’s sister and Alma Rose’s aunt. Shoshanna Pepper was banned from the Crow tribe when she was just a teenager after she gave birth to Alma Rose. A third subplot is the health of Sarah Whispers and a fourth subplot is the relationship between Jim and his wife Kate.

In the novel, Alma Rose learns the harsh truth of her family lineage and struggles with the health of Sarah Whispers who crossed paths with the criminal enterprise responsible for the missing persons. Alma Rose is also tasked to save the life of Kate who was left to die by the person responsible for the crimes. This is how I wove the subplots into the main plot of the novel.

When writing, always develop subplots that enrich the story’s plot. Never make your subplot so strong that it overpowers the plot. Treat your subplots as mini stories. Construct them with care and give them a story arc just as you would your story’s main plot.

We defined “Subplots” as part of The Elements of Writing, and I hope I’ve piqued your interest in writing. Storytelling is inherent in us all. It is who we are as social human beings and we all have stories to tell.

Felix F. Giordano is a local author with books sales in excess of 7,000 and has had more than 3 million pages of his books read by Amazon Kindle Unlimited subscribers. His website is jbnovels.com.

Mr. Giordano also chairs a Saturday writers group and a monthly lecture series at the Willington Public Library. Please call (860) 429-3854 for more information.

Next Month’s Topic: Comic Relief

And the beat goes on...

CLiCK’s Zydeco Music Fundraiser October 9th!

If I can’t dance, I don’t want to be in your revolution --
Emma Goldman (1869-1940)

By Phoebe C. Godfrey



As I write this NPR’s Morning Edition plays in the background, airing stories from around the world that could all be described as distressing. Of course, ‘news’ tends to be reports of that which is going wrong, as opposed to that which is going right but unlike all the news of the human past, the current news has a recent and increasingly dire underlying story and that is the story of climate change. And so there are stories of the crisis we have greatly contributed to in Afghanistan, the on-going pandemic and the failure of people’s information in relation to the vaccine, but then there is also the story of the emerging hurricane in Louisiana – hurricane Ida- and fires in California, the drying up of the Colorado River, the future potential flooding of cities like New York and many others that can and should add to our collective stress, and can and should motivate us to invest in the resilience of our local communities.

As these news stories add to my own distress, I find comfort having co-founded CLiCK, which continues to operate and bring opportunities to small local food businesses, as well as offering food and nutrition education and acting as inspiration of what ‘radical community’ can look and feel like. In fact, my book on CLiCK came out last month and is titled *Understanding Just Sustainabilities from Within: A Case Study of a Shared-Use Commercial Kitchen in Connecticut*, Routledge 2021. I will add a caveat that the hardback is very expensive, but it can be bought as an e-book and the paperback will be released next year when we plan to do a book event. In the meantime, there are other ways you can help support CLiCK and celebrate that we are still open and serving our community such as volunteering, donating or even dancing! Yes, as a way of celebrating that not only is CLiCK still running but my wife Tina and I are still married after 12 years we will be having a fundraising anniversary party at CLiCK with the same Zydeco band that we hired 12 years ago at our original wedding- *River City Slim and The Zydeco Hogs!* But unlike at our original wedding party when we invited you, at this one you can invite yourself and you don’t need to know or even like us (haha) you just need to be willing to buy a ticket because you want to dance and to support a great cause!

The event will be outside on Saturday October 9th from 1pm-6pm. We decided to make it as safe as possible by being outside and since our original wedding was on Halloween, we are inviting everyone to wear festive costumes and/or masks that can or cannot include a COVID / N95 level layer. Food will be for sale from CLiCK small businesses, Willi Brew will be doing drinks (you get one free drink with your entry ticket) and you are welcome to bring your own food and drink if you have special needs. So get a ticket, get a blanket and / or chair, invite your other friends (we are also your friends) and get your dancing shoes and come be a part of our small, yet measurable, local revolution!

Solid Waste Advisory Committee Member Openings

Submitted by Rita Kornblum

The Town of Mansfield Solid Waste Advisory Committee has some vacancies and is looking for new members to join. The meetings are currently held the first Tuesday of every month at 5:30 pm in the Mansfield Town Hall, 4 South Eagleville Road, Storrs.

The Solid Waste Advisory Committee advises and makes recommendations to the Mansfield Town Council about policies and issues related to the residential refuse and recycling service, recycling, composting, waste prevention and reuse. Most recently, the Committee was instrumental in the passage of the Town’s ban on plastic retail bags.

If you, or someone you know, are Mansfield residents and would like to join a group of environmentally concerned individuals who work on solutions to reduce waste, please contact Ginny Walton, Mansfield Recycling Coordinator at 860-429-3333 or waltonvd@mansfieldct.org.

First Annual Eastern CT Children's Book Fair

Submitted by Nancy Pettitt

The Willimantic Public Library and the Friends of the WPL invite you to attend the first annual Eastern CT Children's Book Fair. The Children's Book Fair will be held at Memorial Park in Willimantic on October 2, 2021 from 10 – 2. This event aims to get children of all ages and backgrounds interested in reading and introduce them to some of the local authors who write children's books. The fair will feature five Connecticut children's book authors reading from their works as well as a book seller, River Bend Bookshop of Glastonbury offering these and other books for sale. The Willimantic Public Library staff will also be giving away free children's books including books by the featured authors. This event is an initial step in a hoped-for revival of a popular Children's Book Fair that the UConn Co-op ran for years but which was discontinued after the Co-op shut down. It will be advertised throughout Eastern Ct. and the Hartford region.

The Book Fair has goals of supporting our community, getting local citizens and children more involved with the Willimantic Public Library or their local library, and inviting children to become life-long readers. Partnering with the Willimantic Public Library and the Friends of the WPL are Windham Public Schools, Eastern Ct. State University, Dodd Human Rights Impact of UConn, and the Windham School Readiness Council. In addition to author talks/readings, there will be children's activities staffed by volunteers who speak Spanish and English, and music by Jaron Gaia, a local performer of children's songs.

We are pleased to announce that Marilyn Nelson, a renowned poet, educator, and children's book author will be presenting at the book fair. Marilyn Nelson is the former poet laureate of Ct. and a professor emeritus of UConn. She is a three-time finalist of the National Book Award. Marilyn Nelson has written books for young adults about important historical figures and issues of race including novels in verse such as *American Ace* and *Miss Crandall's School for Young Ladies & Little Misses of Color*. Her most recent book for younger children is a picture book, *Lubaya's Quiet Roar*, that demonstrates the power of art to promote social justice.

Barbara McClintock, a local author and illustrator, who has won 5 New York Times Best Book Awards and a Boston Globe/ Horn Book Honor Award will also present. Barbara states "Perhaps I'm a soul reincarnate from the 19th Century, or I just have a fascination with history and period costume; my books dwell in a past world. I've been amply rewarded for my obsession with an older time - *ANIMAL FABLES FROM AESOP, THE FANTASTIC DRAWINGS OF DANIELLE, DAHLIA, THE GINGERBREAD MAN, CINDERELLA, and ADELE & SIMON* are just a few of my books based in a long-ago time that have won prestigious awards and garnered glowing, sometimes rhapsodic reviews." At the book fair, Barbara McClintock will read from a new picture book that takes place in more recent times, the twentieth century. Vroom is the story of a young girl who imagines driving around her world in a race car.

For our Spanish speakers, we present Delia Berlin who writes bilingual books for children from ages 3-9. Delia will read from *Tales of Eva and Lucas: Cuentos de Eva y Lucas*. Delia Berlin states she "grew up in Argentina and Brazil, but spent her adult life in eastern Connecticut. Her professional career focused on community college education and administration. With graduate degrees in both Physics and Family Studies, she also worked in early intervention and taught child development. While living in three countries, Delia's world view was influenced by the need to navigate different cultures. Friendships with animals also shaped her learning and understanding of nature. Delia is also a regular contributor to *Neighbors*."

Jason Marchi has written a picture book for our middle grade readers, *The Legend of Hobbomock: The Sleeping Giant*, which tells a Quinipiac tribal legend about the creation of the Hamden land form named Sleeping Giant. His Amazon profile states that "Mr. Marchi has sold over 800 articles, stories, poems, and essays to magazines and newspapers." While working from his home in Guilford, Ct., Mr. Marchi continues to publish both picture books and a fantasy and horror ebook series of short stories for teens. His most recent book, *Venus Remembered*, includes the original short story by Ray Bradbury *All Summer in a Day* and Mr. Marchi's sequel, *When the*
continued at right

White Shame

Red people Were living on the land
In harmony With the natural plan
Along came Columbus In the name of the Lord
Manifest destiny Then came the hordes
White shame American legacy White shame
African people Their blood and their chains
Helped to build our nation With slavery and pain
The founding fathers Created free elections
But their wives and their slaves Were their only exceptions
White shame American legacy White shame
White is the color Of all colonial powers
The Aryan Nation With its Auschwitz showers
Weapons of mass destruction Are safe in our hands
But if anyone builds them Who isn't white
Terrorist plots Are gonna haunt our nights
Ethnic cultures And primitive tribes
Without taking from others Create traditions of pride
But as a white American So very hard to relate
To a background that's based on Oppression and hate
White shame American legacy White shame

I wrote these song lyrics at least 30 years ago. Over the decades there were times when I was warned against signing this song to particular types of white audiences who might have been offended. Now, largely as the result of convenient cell phone video technology, our truths are a little closer to the surface, and anti-racism is occasionally more tolerated. -Larry Gag

Lebanon's Outdoor Antique Show is Back!

Submitted by Grace Sayles

Connecticut's best little fall outdoor antique show is a go!

For more than half a century, rain or shine, antique dealers and collectors gather on the Green in Lebanon, CT. Once a common sight in Connecticut towns, outdoor antique shows are now almost gone from the landscape. The show on the Lebanon Green offers a bit of nostalgia for everyone. Now in its 54th year, the Lebanon Historical Society's Outdoor Antique Show is open 9:00 to 3:00 on Saturday, September 25th 2021.

Up to 60 dealers will offer antiques and high-quality collectibles to buyers who come from around the state and through-out southern New England. The event started in 1966 as a money-making effort to fund Society programs and, eventually, to help pay for the land in Ashford Arts Update 199 eeded to build a Museum. Today, the Antique Show is still the Historical Society's largest and most important fund raising event with proceeds supporting school programs, exhibits and historical presentations.

Some dealers have been participating for many years, but new-to-the-field dealers are added every year. Visitors can expect to find everything from 18th century furniture to vintage tools and from traditional pottery to textiles, glassware and jewelry.

For the \$5 admission fee visitors can spend the day wandering the field, talking with dealers and finding a bargain. Lunch and snacks are available for purchase all day including home-made chowders, sandwiches as well as grilled burgers and dogs and end it all with a slice of home-made pie!

Held rain or shine. Parking is free and there is no better way to enjoy a fall day!

For more information contact the Lebanon Historical Society Museum 860-642-6579 / museum@historyoflebanon.org or visit us on the web at www.historyoflebanon.org.

Rain Stops. He is looking forward to introducing his stories to more eastern Ct. readers.

For teens, Sam Taylor electrifies with her fantasy *We Are the Fire* from which she will read. Her bio states, "Sam Taylor grew up in Arizona's desert and now lives among Connecticut's trees. When she's not writing, Sam spends her time being mom to the world's cutest boys, whirling through dance workouts, and baking too many cakes. She does not possess fire magic, but does have one fire-colored cat. *We Are the Fire* (Swoon Reads/Macmillan) is her debut novel."

The Dodd Human Rights Impact program will host a Malika Penn Award for Human Rights in Children's Literature section at the Book Fair. It will feature current and past winning and honor books. This is *My America* by Kim Johnson is the 2021 recipient of the Malika Penn Award.



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THE WILLIMANTIC DOWNTOWN COUNTRY FAIR

SEPT. 25 FROM 11 to 4

FREE! • EVERYONE IS WELCOME!

JILLSON SQUARE
WILLIMANTIC, CT

11:15 SALLY ROGERS
FOLKSINGER

12:15 EARL MACDONALD
JAZZ QUARTET

1:30 FROG BRIDGE STRINGS
FIDDLERS

2:30 BENTETU
CARIBBEAN/AFRO

22 AÑOS ANIVERSARIO

La FERIA de la CIUDAD De WILLIMANTIC

el 25 De SEPT Des de 11 Hasta 4

¡GRATIS! • ¡TODOS SON BIENVENIDO!

LA PLAZA JILLSON
WILLIMANTIC, CT

11:15 SALLY ROGERS
TROUADOR OR CANTANTE FOLKLORICO

12:15 EARL MACDONALD
CUARTETO DE JAZZ

1:30 FROG BRIDGE STRINGS
INSTRUMENTOS DE CUERDA

2:30 BENTETÚ
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